

**7Billion**  
2018  
WWW.7-BILLION.NET



Excuse me, Who Is Inside  
**Dr. Tareq AL-Suwaidan**  
The Guest of Version

Leadership

with Sense of  
Humor

Version Issue

**Stranger Between  
Us**

Corridors and Suburbs

**The version  
gift**

Discounts  
withdrawals coupon



I have that  
**GREATNESS**

inside myself, I am sure of that.

By: Jawahir Khalfan Al Muqbaliya





working on the version

#### Published by

**Voice of Human Development Society**

Under the supervision of the Deanship of Student Affairs at Sultan Qaboos University

#### Adviser

Moza Abdullah Sarbukh AL Dhowiani

#### Supervision and Preparation

Asaad Masoud Nasser AL Hatmi

Noura Mohammed Madhaffar Alrisi

#### Proofreading and Translation

Younis Khamis Saif AL Waheibi

Juhaina Ali Saif AL Ya'robi

Khadija Said Mohammed AL Kindi

Jumana Saif Zahran AL Hatmi

Maha Sulaiman Hamood AL Namaani

Mohammed Abdullah Salim AL Hinai

#### Media

Almunther Nasser Khalifa AL Ghafri

Yusra Nasser Ali Al Ghafri

Sultan Ahmed Mohammed Al Bedwawi

#### Relations

Jaifer Khalifa Mohammed Al Khomaisi.

Thuwaiba Bader Hilal Al Kharusi.

#### Platform and Life

Mohammed Rashid Al Rawahi

Shamsa Ibrahim Ahmed Al Balushi

Hajer Juma Ali Al Yahyai

#### Section of the Study:

Khulood Khamis Al Jaradi.

Zainab Khalfan Abdullah Al Hussaini.

#### Amusing your Mind

Bayan Nasser Salim AL Hinai

Hind Said Abdullah Al Yarubi

Alwaleed Zaher Mohammed Al Salmi

#### Design

Nasma Mohammed hassn saad

Rashid Khamis hamed AL-hasani

Tahani Khalifa Abdallah Al Jabri

Raheel Salim Thani Al Riyami

#### Website

Moustafa Sulaiman Salim Al Tawaijary.

<b>01</b>	<b>Sawt Tanmia Group</b>	<b>6-1</b>
	<ul style="list-style-type: none"> <li>• Who are we?</li> <li>• Achievements speak .</li> <li>• Opening</li> </ul>	
<b>02</b>	<b>Excuse me, Who Is Inside?</b>	<b>8-7</b>
	<ul style="list-style-type: none"> <li>• Interview with Dr. Tareq AL- Suwaidan .</li> </ul>	
<b>03</b>	<b>View an Experience</b>	<b>14-9</b>
	<ul style="list-style-type: none"> <li>• Version Issue: Leadership with sense of humor .</li> <li>• View an Experience <ul style="list-style-type: none"> <li>▶ The story of the beginning  Dr. Ahmed Khairi Al Omari</li> <li>▶ A tale of pre-arrival   Dr. Saleh Al-Fahdi</li> <li>▶ Ghasaq" and experience shared versions   Saad Al Bader"</li> <li>▶ Confronting fear   Mohammed al-Qahtani</li> </ul> </li> </ul>	
<b>04</b>	<b>Window in each wall</b>	<b>16-15</b>
	<ul style="list-style-type: none"> <li>• Interview with the writer Zwaina Al Ghawi</li> <li>• Interview with Suad Al Sawafieh</li> </ul>	
<b>05</b>	<b>Details</b>	<b>20-17</b>
	<ul style="list-style-type: none"> <li>• Study on: The role of training in the promotion and investment of human capital</li> </ul>	
<b>06</b>	<b>Opinion and the Other Opinion</b>	<b>23-21</b>
	<ul style="list-style-type: none"> <li>• An idea</li> <li>• To a Wide Horizon .</li> <li>• Technology between Reality and Logic</li> </ul>	
<b>07</b>	<b>Non-Destructible</b>	<b>26-24</b>
	<ul style="list-style-type: none"> <li>• Summary of The Book: The Seven Spiritual Laws of Success .</li> <li>• Summary of The Book: Dancing With Life .</li> <li>• Summary of The Book: A Pen Motion</li> </ul>	
<b>08</b>	<b>Corridors and Suburbs</b>	<b>29-27</b>
	<ul style="list-style-type: none"> <li>• Story of: A Stuck Girl</li> <li>• Story of: Diaries of a Princess of Canaan .</li> <li>• Story of: Stranger Between Us</li> </ul>	
<b>09</b>	<b>Amusing Your Mind</b>	<b>37-30</b>
	<ul style="list-style-type: none"> <li>• Meditation</li> <li>• Think - about the universe</li> <li>Ancient languages with Sami al-Maamari</li> <li>• Pictorial Story: The Word</li> </ul>	
<b>10</b>	<b>Other Pathways</b>	<b>43-38</b>
	<ul style="list-style-type: none"> <li>• Children's Wish Society  Children's bravery</li> <li>• Zainab AbdulRouaf "Taigablush" Japanese manga drawing</li> <li>• The Twins of Britain  Alienation and scholarship</li> </ul>	
	<b>7billion website</b>	<b>44</b>
	<b>Words of Leaders</b>	<b>45</b>



## Voice of Human Development Society

Voice of Human Development Society is one of the popular student groups at SQU which belongs to the Deanship of Student Affairs. It concerns of human resources development. It was founded by students' desire in 2004/2005 with a support by Cultural and Sport Activities Department. Since then it has been witnessing notable development every year onward. After a trial period, it has been proclaimed under a name of Voice of Human Development Society 2005/2006.

### Mission of the group

- Create generations that are confident of themselves, conscious of their abilities, believe in their goals and committed to their morals to make the renaissance. .

### The objectives of the group

Help individuals to:

- Discover themselves, abilities and creativities. Identify their goals.
- Develop and refine their talents.
- Give individuals skills of well-organization, leadership and art of communication.
- Guide individuals to positive thinking, excellence and leadership.
- Spread the spirit of team work, participating, cooperation between the members and honorable competing.

Enhance the individual's role in positive changes and

- influence in the society.

### Structure of the Group

- President of the Group for 2017 \ 2018

Duha Abdullah bin Khalfan al-Qasimi

- Vice-President of 2017\2018

Ali Salem Abdullah Al Darmaki

Khuloud Hamad Saif Al Shuraiki


### Society Committees


- Public Relations and Reservations Committee.
- Planning and Projects Committee.
- Versions and Prints Committee.
- Media Committee



### Society programs

- Program of Excellence for All.
- Development program



 SAWT@SQU.EDU.OM

 SAWT.SQU

  SAWT\_TANMIA

 SAWTTANMIA



## Society programs

### Development Program

Is a program that offers weekly workshops that focus on the basic rules of the art of speech and presentation, and instill cooperation values and human development concepts, as well as training its members by providing interactive workshops to schools either by receiving students on campus or visiting educational institutions.

This year, the program developed a series of evaluation sessions for its members to follow the development of their speech and presentation skills.



**Program vision:**  
the start of the lecturer, the  
renaissance of society, the rise of a  
nation

**Program logo:**  
give your best to keep the impact

One of the weekly episodes of the development program



### Program of Excellence for All

A development Program of Sawt Tanmia group that is sponsored by the Deanship of Student Affairs at the University that aims to raise the academic rate of university students by holding lectures and specialized seminars and hosting people of specialists and expertise. It also seeks to provide students with renewable learning skills, educate them with the culture of goal-making, acquire them with the skill of self-challenge and enhance self-confidence and positive thinking





#### The Permanent Logo of the Program

Excellence is not exclusive to anyone; excellence belongs to those who pay the price



#### Year of foundation

2005 - 2006



#### Program Supervisor for 2018-2017

.Naila al-Balochi- Family Consultant and Educational Consultant

### Aspects of mastery and creativity

## 01

Getting the first place in the Deanship of Student Volunteer Competition in its first edition at the level of student groups in 2017 - 2016

## 02

Obtaining award plaque of the participation in "Sadaqat Harf Project" in its second edition in 2016 - 2017

## 03

Establishing a cooperative work with the Student Counseling Center, represented by Dr. Sa'ad Al-Lawati, Vice-President of the Council of State and Head of the Student Guidance Center

## 04

Establishing a cooperative work with SQU store team

## 05

Holding lectures in each semester entitled "Academic Laws" presented by Dr. Saud Al-Jafaili

## 06

The program has a number of articles published in Oman Newspaper, Maraya supplement of Oman Newspaper, and a telephone interview on Ahla Sabah program



The program introduces lectures every week in classrooms about important study skills such as academic laws, how to deal with exams, problem-solving, and methods of study. In addition to the academic follow-up program for those enrolled in the program





Side of the effectiveness of the university reading day 5  
Photography by: Mukhtar Al Mahrouqi

### My University Reads Project

A development project of Sawt Tanmia Group, which was launched in 2012. The project is concerned with spreading awareness of reading and knowledge in the university community.

The project is activated social sites where a diverse cultural content for reading, books, literature, science and knowledge ,in general, is presented.

The project creates mini-libraries that contain a collection of books that have been placed in places such as the student clinic and waiting areas. Cultural forums in cooperation with various bodies in the university are organized as well.

In the 2017/2018 academic year, the project began to organize reading sessions by hosting writers, discussing contents of books and enriching interest





## Forums



Youth and Identity

Child Culture

Voluntary Work

Culture of Invention

Youth and Identity

## University Reading Day



## 7 Billion



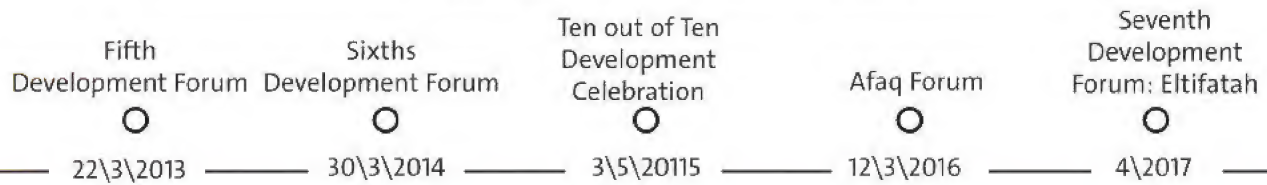
## Competitions





# SAWT-TANMIA ACHIEVEMENTS

"All days seem the same when we do not do a change that teaches us who we are and makes us know ourselves more."



My Communication is a life

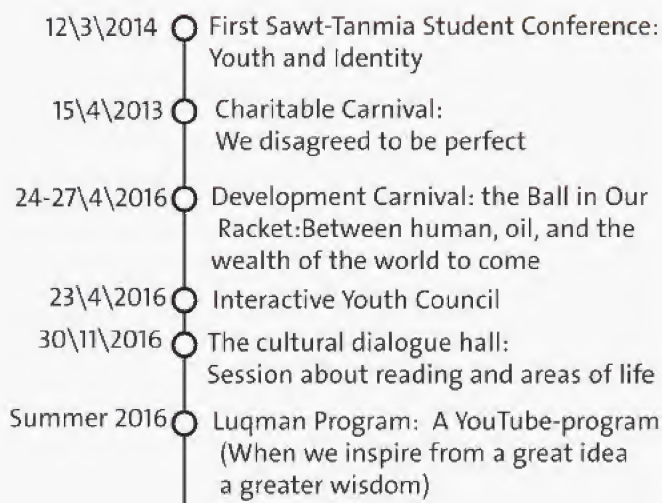
Thought and thinker revival and contemporary

Culture of Injaz Forum

Inculcate the value and culture of dialogue.

Between the ego and the self

## Other Events



## Public Lectures and Hosting

- **Dr. Mohammed Al - Awadhi**  
It is sweet to live responsibly
- **Dr. Abdul Rahman Al - Sumait**  
Life has taught me
- **Sheikh Nabil Al Awadi**  
In recognition of myself
- **Eng. Muhannad Abu Dieh**  
How to be an inventor
- **Dr. Suleiman Al Ali**  
Launch your abilities
- **Honored Sheikh Khalfan Al-Aisri**  
Shine this year
- **Dr. Tariq Al Habib**  
Anger Control"
- **Dr. Walid Al-Fitaihi**  
Rules in building human thought
- **Dr. Ali Mansour Kayali**  
Positive energy in the Holy Quran
- **Thinker Ahmed Khairi Al-Omari**  
Al-Ferma for achievement
- **Dr. Omar Abdul-Kafi**  
Psychological safety
- **Hosting Creative Omar Farouk**  
Within the Ball in Our Racket Forum
- **The Akabila vocalist Mohamed Rabat**  
Within the activities of the Seventh Development Forum

## Development Campaigns

- See it right... with my positivity, my life is better.
- There is a wisdom behind my existence: I am a human being who will never be repeated.
- Extrusion, my failure corrects my path.



# OPENING”

**“Your role now, young people, is to prepare yourselves educationally, culturally, behaviorally and in guidance to bear the responsibilities of the future”**

Qaboos bin Said  
Sultan of Oman, may God protect him

Guided by His Majesty's words as he encourages the youth and their determination to do more to develop their thinking and ambition, and advance the future of their nation, we had to look at ourselves and what we have in order to be a role model to young people who echo in His Majesty's words.

The beginning was when the team believed in 7Billion idea. The team said, "7Billion is the idea that has grown and embodied in us and became a fruitful tree that we harvest its fruits this year for the third time and we hope that the harvest will continue for many years. Today, we are more convinced that we would not have come here if we were not an integrated team. Our team will grow together at a confident pace and we will overcome the barriers and illuminate the glowing spot of light all the way to the end till we become more glowing and joyful.

Based on the goals of the 7Billion, which believes in the importance of getting out of the shell of the self and flying in the space of cultures, the 7Billion has taken new steps in the content of the 7Billion. First as the creation of a new corner of interviews called: "A Window in Every Wall" and the enhancement of the section: "Platform and life" by adding experiences of success and allocating an issue about the number in it, and adding posts in comics and storyboards sections. On the other hand, the great enhancement of the website in line with the developments of the third edition. However, the most daring jump was in the output of the 7Billion in both Arabic and English adhering to the slogan of 7Billion: Your voice to the world.

**Finally**, we extend our sincere thanks and gratitude to all those who stand by us, supporting us with their ideas and advice to accomplish 7Billion. May we do not be deprived out of your help and support.

May it be in the balance of your good deeds

**7 billion team**



“

"Most people wait something to change themselves, others change when they are shocked by something, or they change their roles in life. The greatest change is the purposed change, resulting from hope, will and a sense of responsibility"



**Tariq AL-Suwaidan**

International Trainer – Kuwait



He has vowed to elevate his nation, and to strengthen its youthful sleeves, to deflate the candle of change in its midst.

Believing that the nations can only rise up with their sons' arms, he made leaders and directed their forces towards the nation's reunion, to grow a thousand times a year, as if they were giving birth to a thousand leaders.

Advisor to the making of Leaders

## Dr. Tareq Al-Suwaidan

7 billion had the following dialogue:

### ■ The making of leaders:

An ordinary, marginal or trivial man cannot be converted directly into a leader, he must first turn into an active human being and then into a leader. We call the transition from an ordinary to an effective person the process of education, in this case, five things need to change: first, the intellectual convictions that he carries. Second, is his hobbies and how he spends his time. Third, is the skills and abilities he has. Fourth, is changing relationships from superficial to beneficial and serious. And fifth, is changing role models he looks up to like trivial artists for example and instead we give him a great leader and remarkable figures in history.

When these five things change then we have transferred a human being from ordinary to active. Then to transfer him from an active person to a leader we practice training. In this case, we focus on training many skills like planning, having an impact, change and creativity, the ability to motivate people, training himself and others, building effective relationships and having main management skills and giving authority to people around him. In short, leadership is the ability to move people towards a certain goal, a manager moves on his own while a leader moves through people. The manager is busy with short-term matters while the leader is busy with long-term matters. So the transition from an ordinary to an active person is education, and the transition from active to leader is training.

### ■ Is the positivity in your speech a requirement to raise leaders, or is it a personal trait you use you encourage your students and listeners? And when can you call it 'negative' positivity?

Positivity is another name for internal motivation, it also has another beautiful name in management science we call it energy radiation from within to others. This matter of internal motivation is a personal choice, who decides to collapse that's his choice and who decides to face all kinds of pressure and discouragement it is his choice. I myself have long decided not to let anyone discourage or provoke me and this is an internal decision that reflects on whatever I do. There is also an authentic meaning that is the highest level of internal motivation and that is deep faith in doctrine, principle or idea and it's not even necessary to be a believer.

Don't you see that atheists have issues they believe in so deeply that they are willing to sacrifice themselves, and some Japanese fighters guided by their country?

The matter is having a deep faith within. As for the issue of encouraging student and listeners with sweet talk that is what we call marginal human development methods. It's all about believing that you are able and you can and it's what I call negative positivity because it gives the impression that a person is capable of doing everything while there are impossible things in reality and there are things I can't learn, I, for example, don't have a beautiful singing voice so how can I be singer? Of course, it is impossible. Here comes the meaning of authenticity, that positivity must be real, not imaginary or else it would be negative positivity.

### ■ Between excessive positivity and reality:

This is what I mentioned in the previous question. That is yes, if positivity is excess the person thinks he can do everything therefore when he finds out that there are things he cannot do in real life he will collapse or lose trust in real human development and effective management. So I ask my educator and trainer brethren not to exaggerate in the matter and I ask young people not to be fooled by many human development lectures as many are unrealistic and give the wrong impression of reality.

### ■ leader indicators:

There is no sure 100% way that we can see a person and say that he will become a leader, this is only in the knowledge of Allah, not humans. What we can say is that there are signs if found or seen indicate that this person is more capable of leading than others in the long-term. Or it's more precise to say that he's got a better chance in leading than others, so it's a matter of chance, not certainty.

The most important of these signs are: first is the ability of mental analysis. Some people call it intelligence but in fact, analyzing is only part of intelligence. The second sign is high ambition, the person who aspires for high ranks whether in science, politics, achievements or projects. The third sign is initiative, presenting ideas and building institutions. The fourth is balance, the balance of mind, spirit, emotion and body, we also call it sign of seriousness in life. This person has got no time to lose, there are limits when he plays and he distributes his life in balance. He's got projects or at least hobbies and skills, this is a key sign that gives him a high chance of leadership.

Another key sign is courage in attitudes and giving opinion. A lot of people do it in a rude way, but courage doesn't mean insolence, it means fearlessness in expressing opinions and attitudes and every person can do it with good manners. The last sign is coming from an environment of leadership, those who come from leading families whether political, scientific, economic or any other have higher chance of leadership than others. Also, orphans who are raised by their mother are capable of responsibility and leadership.



### ■ Diversity of fields

From the outside, it looks like diversity of fields, but inside I have a clear plan of my life and I know exactly what I want. I have a burden that the Islamic nation is great and it led humanity for centuries, we fell behind in the last 400 years but now we are rising again. I'm thankful to Allah that we live in this intersection of history that allows us to contribute is saving our building our nation and saving it from backwardness, this is what motivates me and keeps me going.

Of course, the result is not only escaping hell and winning heaven and Allah's satisfaction, this is what every Muslim desires. I aspire for the highest rank of heaven and the companionship of the prophet Mohammed –peace be upon him- and his family. I also want to contribute to this nation that I love, and I believe that a Muslim's duty in this life is not only saving Muslims but also bringing happiness to all human Muslims and non-Muslims all the same.

If we thought how to do it? Of course, the basis of all this is the reform of thought and the making of leaders, and all my focus is on these two things. Now think with me: How can we devise a plan to reform thought and make leaders with authentic Islamic identity and deep understanding? We need a group of sciences; we need to be deep in Islam itself as a law, a doctrine and a morality. We must know philosophy, logic and what follows. We must understand history and the movement of history; we must also know the West and how it developed and what its problems and the right and wrong of its values. We must understand all of this. And of course, management sciences will help us to analyze, create, change and make leaders. If you see this diversity they are the means and not the goal to save the nation and save humanity.

■ What is the secret of your great optimism in the Arab youth despite the events experienced by young people in some societies? In spite of the enormous implications and intellectual influences of this era?

This optimism is caused by my contact with hundreds and thousands of youth, and this has deep meanings. Remember that one to two percent of any nation rise this nation, and one to two percent cause corruption and failure and the rest follows, I don't care about the corrupt, I only care about the special. So when I look at those special once I see them becoming more in number everywhere. Omani youth for example, surprises me with their awareness and the skills and abilities they acquire and the sciences they master, so many of them have become special in different fields, as well as youth in Arabic and Islamic world. This is the secret of my great optimism, and it's not only moral but I constantly see and witness them overcoming obstacles and intellectual influences – as you've mentioned- they are the once who will rise this nation. So the secret of my optimism is that I surround myself with special young people who make the optimism in my heart authentic.

Dr. Tariq concluded by renewing greetings to the sons of the Sultanate, in whom he sees the nation's prudence in leadership, and the creation of a leadership wheel that cannot be stumbled by the repercussions of this era and its obstacles and it leaves no room for collapse before it.

"A great tribute to the Sultanate of Oman, which is always filled with generosity and appreciation, and this is not strange to a noble people who are always gracious, forgiving and kind, and a tribute to the Sultan Qaboos University and my sons and daughters, with a special tribute to the 7 Billion for development with thanks for the faith they have in me, and I ask Allah Almighty prosperity to them in this world and the Hereafter."

People differed in God how do  
you want them to agree on  
you?



# PLATFORM AND LIFE

Opinions of influential personalities



- Version issue: Leadership with sense of humor
- View Experience
  - ▶ The story of the beginning | Dr. Ahmed Khairi Al Omari
  - ▶ The Story of Pre – Arriva | Dr. Saleh al-Fahdi
  - ▶ Dusk and Experience Shared Versions Started | Saad Al Bader
  - ▶ Confronting Fear | Mohammed al-Qahtani



## VERSION ISSUE



**Abdel Nasser Sayegh** — Certified international training expert Sultanate of Oman

Humor, fun and productivity at work



**Saeed Hilal Al Harazi** — Chief Librarian Sultanate of Oman

Leadership with sense of humor and different personalities



**Prof. Naima Gabr** — Professor of Information Studies Iraq

Work for the individual, not the individual for work



**Dr. Fatima Al Breiki** — Writer UAE

Leadership with sense of humor and life

## VIEW AN EXPERIENCE



**Dr. Ahmed Khairy Al-Omari** — Writer Iraq

The beginning carries the huge part of the hardship



**Dr. Saleh Al-Fahdi** — head of Qayem Center Sultanate of Oman

A tale of pre-arrival



**Saad Al Bader** — Writer Kuwait

The first business and shared versions



**Mohammed Al-Qahtani** — World Champion of Speech Saudi Arabia

The weapon that demolished the checkpoint



VERSION ISSUE

LEADERSHIP

WITH SENSE OF HUMOR



## ■ How does the sense of humor and fun affect the relationships and productivity of the workers (negatively or positively)?

Many believe that there is a steady relationship between leadership and seriousness but it's scientifically proven that the relation between the effect of leadership in achieving goals and seriousness is not huge. There are great examples of leaders who led their followers to achieve victories by the grace of their manners, kindness of their souls and the humor in their talk

The biography of prophet Mohammed-peace be upon him- provided many examples of leading people with humor, like when an old woman asked him to pray for her to go to heaven and he said: "no old woman goes to heaven" he felt sadness in her heart so he said: "you go to heaven a young lady".

This kind of leadership is tried. When people are treated with humor they are willing to listen and obey as well as when they are treated with kindness, they feel happy and comfortable doing their duty

In Qur'an Allah says to prophet Mohammed: "And if you had been rude [in speech] and harsh in heart, they would have disbanded from about you. So pardon them and ask forgiveness for them and consult them on the matter."

Humorous and fun leadership creates familiarity and pleasure in the followers' hearts and makes them work in harmony away from intensity and pressure. However, strictness is required in certain situations just as humor is good in other times. It's important to act as needed, not too harsh but not too lenient either but mediate

**Abdul Nasser bin Ibrahim al-Sayegh**

Certified international training expert- Sultanate of Oman

**When you live joyfully in difficult circumstances, it means that you are confident in your God that is good. Thus, the doors of goodness and blessing open up for you. So, whatever happens in your life, trust your God**

## ■ How do you deal with different characters in this kind of leadership (serious, shy, introverted, etc)?

Humorous leadership has an important role in creating harmony in personal relations that has a great impact on individual, which reflects positively in decision-making, social interaction

and relationships between the members of society and that result in mental flexibility and creative production in those segments of society. In this sense, leadership with a sense of humor is important in dealing with different personalities which requires the leader to possess basic scientific, cultural and dynamic dimensions to be qualified to deal with different patterns and characteristics. Dealing with serious character requires understanding the psychological, cultural and intellectual dimensions and using the best to deal with it in terms of transparency, flexibility and vigilance in using interactive vocabulary to find a format that appeals to this serious character to leave a great impression and a special mental image of the leader to this kind of character. I would like to

point out the importance of using soft diplomacy with influential leadership dimensions for this kind of character

The introverted personality requires a comprehensive scientific knowledge of this personality which is characterized by self-relinquishment and avoiding contact with others so that the unity of harmony in the mental and emotional situations can be achieved to find a wonderful formula of social interaction between the leader and this personality.

The leadership with a sense of humor plays a great role in finding social harmony between them and the shy person to find channels of communication with flexible psychological dimensions, and according to scientific methodologies to create a broad understanding of this character and turn it into a personality that is positive, wonderful and interactive with the it's environment; through strategies of verbal and nonverbal interaction with Shy personality

**Saeed bin Hilal bin Mohammed Al Harasi**

Chief librarian- main library  
Sultan Qaboos University





### ■ Through the slogan “work for individual not individual for work” how do you apply sense of humor to leadership?

Why is sense of humor the key to success

Dwight Eisenhower says that sense of humor is part of leadership to be familiar with others and achieve things. it's the spirit of accepting things and promoting understanding and sharing. The prophet Suliman smiled at what the ant said and her care for her group and thanked Allah for giving him this gift of understanding animals.

How simple it is to understand people around us and with a smile that encourages them. A little of acceptable humor is enough to establish wonderful and respectful relations, whoever owns it is able to give hope and happiness to others. Humor here is not the mockery of the other but rather what prophet Mohammed-peace be upon him- said: “smiling to the other is charity”. Smile and good innocent humor radiate positivity to its receiver.

There are many who beg for humor to comfort the mind and body from the troubles of life and work. “We often encourage people to be present by themselves and promote them to be less hierarchical (the president's relationship with subordinates) and more innovative and creative,” says Michael Kerr, lead author of *Humor at Work*. These people tend to be more open to their sense of humor.

“Even people who do not always feel comfortable when they share their sense of humor, they offer themselves a more relaxed environment and send positive energy to their bodies and minds so that the use of humor becomes a way of life.

**Prof. Naima Jaber**

Department of Information Studies-Iraq

### ■ How do you apply leadership with humor in your life?

Many think leadership is a concept tied to firmness and rigor, and may be right, but to some extent only; because life cannot go the same way, people are different in their ways of dealing with orders and directions, and naturally this difference has a role in the different way of dealing with them.

It may be appropriate to remember that the shepherd is a leader in one way or another and the groom of the Persians is a leader, and the parents are also leaders in the house, and so the concept of “leadership” expands and is painted in different colours.

From this point of view, I see that I practice leadership in my daily life, but the spectrum varies according to the place and the people in it. That means practicing leadership as a mother to two beautiful children, in the training courses where I teach young and old the basics of creative writing and as a director and owner of a publishing company for Children's books, which is the role I'd like to stop at, it's where I tend to make the atmosphere simple, comfortable, and stimulating.



for all workers; I believe strongly that this environment raises the productivity of employees, and driving under the umbrella of firmness and rigor all the time may cause a lot or a few cramps in the work, and may also cause the absence of creativity if exceeded.

There is a variety of fun between the leader and his workers like a quick joke or if something happens with my daughters that made me laugh I share it with them to add fun in the work environment. Sometimes, as a publishing house for children's books, we share funny videos of children and laugh at the content and that gives us positive energy to motivate us for work with high spirits rather than being tired and frustrated from the endless pressure of work.

I would also like to point out that it's necessary for the leader to put a limit to fun with his staff so that he won't turn to “clown” whose unable to even make people around him laugh. A smart leader has to find a mediate between being strict and humorous because being strict will keep him from knowing his staff well and being too funny will result in losing charisma which is something no leader can afford to lose.

**Dr. Fatima Al Braiki**

Sama for Publishing, Production and Distribution-UAE



# AN EXPERT'S VIEW



**■ Tell us about your first work 'Ghasaq.' Do you find that the joint versions are a risk for the author and his or her writings? Or is it an addition to a writer's career? Or will it open up a new pattern of releases in the coming days?**

All greetings to the editors of this magazine. I wish you all the best. And because I work in the field of journalism, I support you in all your steps towards enriching the Omani and Gulf societies, in general, with bright and useful ideas.

As for your question about my first work 'Ghasaq' and the risk of joint writing, I frankly tell you that the experience did not come on the basis of a prior study, but out of certain circumstances that pushed my friend, Mohammed Al-Nasser, and I to choose integration the work, such as loss of time and some affairs regarding publishing house that supported the idea despite the difference between my friend and brother Mohammad's writing style and ideas and mine

The benefit that we got is not about to the joint writing process, but about the work being the first like a 'pulse' of the audience's willingness to accept me as a new writer. The experience was, thank God, encouraging and it promoted me to write many works after that. As for the joint writing, the real benefiter is the comprehensive reader who likes to read all kinds of literature. Our joint writings is a fatty meal that combined stories of "mystery" that Mohammed is good at and human and social stories I write. In the contrary, there were some readers who praised Mohammed's writings and criticized mine... and when I see what they read, I find out that they prefer mystery stories, which is a style I am not into

**Saad Al Bader**  
Author - Kuwait

**■ (There is a real happiness hiding behind the wall of fear, and it is only we who can destroy it to see the world we dream of.)**

**Tell us about Mohammed al-Qahtani and about the weapon he used to destroy the wall, and how he built out of words a way to cross the hearts of others to extract their frustration and despair?**

An eight-year-old child sits at the front of the classroom and the teacher asks him to read, " Ssssssaay: I seek refuge in the Lord of men." With such stutter, a slap comes to him from his teacher who cries out, "read." The child reads again but he stutters more than before. Another slap comes to him so that he tries again. He tries and the tears drop on his cheek but he fails. The teacher says to him, "You are useless."

The child figured out that he has speech problems and that he has to choose between two options; he either confronts his fear and overcomes it, or avoid confronting it and live in isolation. The child decided to live in his isolation and avoid talking to anyone, including his own family.

After eight years in high school, one of his colleagues said to him, "You are a smart person, but I do not see you speak to anyone. You have no friends because you are afraid to confront. If you want solution, stand in front of all the students and read the morning program.

The advice may be crazy, but in a moment of despair, you can do anything. The student stood in front of all the students and talked in the school morning program. Everyone laughed at him, but he continued to speak day after day... he noticed that his stuttering started to cease

Ever since that moment, he loved theater because it was the method to overcome his fear. He worked hard till he became the world's champion in public speaking Does he still stutter? Yes, but it is not an impediment for him.



The question is why should you wait for years till we confront our fears? Why do we wait for someone's advice to overcome challenges? Has not the Time arrived for us to control our faith and take action towards what hinders us.

**Mohammed al-Qahtani**  
World Champion of Speech - Saudi Arabia

**“ If you have the will to win, you have achieved half your success; if you don't, you have achieved half your failure. “**

**David Ambrose**



**■ Because a starting point bears the biggest part of hardship, how did your starting point took you to where you are now?**

I am not sure that the starting point carried the biggest part of hardships, but it certainly carried "determination," the important starting point in everything that happens next.

Personally, I believe that genetics plays an essential and complicated role in many things. It can be simplified as follow:

There are some inherited 'tools' consist of a toolkit, such as thinking mechanism that helps in critical thinking, viewing things differently with high degree of sensitivity and emotions. Some people are born with similar tools, but thinking mechanisms with anti-emotional sensitivity will not produce the same tool; they will rather produce a different tool.

What happened to me that this kit found a very fertile environment, and that does not always happen for it happens sometimes that a kit comes in a frustrating or an indifferent environment. What happened to me was the opposite; the environment was an incubator. Thus, the interaction of thinking and sensitivity with an environment full of books produces a project of a "writer." I was the corridor that the interaction happened in. I had no other choice. Perhaps the interaction was 'I.'

I can specify five important signs at the beginnings:

The first sign: the matter started with a high sense of alphabets. It started early; when I was at the age of six. Ever since I learned the alphabets, I read all that I get in my hand passionately.

The second sign: it was through an early sense of figurative language, at the age of seven, the matter that causes a storm of support and applause from my environment. Off course I didn't know the meaning of metaphors, but I liked the "similes game," and I started using it in everything I write whether it is a homework or a letter for relatives.

The third stage: was in adolescence, at the age of fourteen. I read a very astonishing piece of writing, and I shivered literally. So, I said to myself, it is either so... or not...

The fourth stage was in my early twenties. I was touching my way to understand religion more seriously... that day, I wrote to a friend and discovered that my words have an impact ... I discovered that my words can contribute to change.

The fifth stage: was when I sat to write about what happened to my first book. There was a heavy feeling

**Dr. Ahmed Khairi Al Omari**

Writer – Iraq

**■ What age did you begin to write and present "Qiyam Show"? Can you tell us about the pre-arrival story?**

I began writing at the half of my second decade when I was about fifteen years old. The starting was writing thoughts that the Omani "Al-Osra" magazine publishes. About Qiyam Show, I started preparing, presenting and producing it by my private center, "Qiyam Center" in 2011 after I returned from the United Kingdom.

The story itself is endless chapters that our Lord Adam started with and will finish when human life on earth finishes by God's will. And my story is a ring connected with a ring and a message delivered by a message. Perhaps my interest in humans is what my hard work deserved; the open-minded, creative, and the capable human to criticize, analyze, self-instruct, and develop thoughts, and above all the humans with high values. That is why I wrote more than fifty plays; fluent and colloquial, historical and social, and poetry and prose. I also wrote poems and songs, tried writing stories, did many research and studies and wrote books in poetry and prose. I went through different literary courses.

**■ Your start with writing was about human being. How could such complicated creator inspire you to entitle your works and what did that add to you?**

The human being is the center of development, the engine of evolution and the pusher of the human movement to progress in its means of living. Who is not, in my opinion, open-minded, wide-knowledge, intense insight, sharp-witted, high-motivated, continually generous, will neither progress nor achieve anything. That is why my works, poems and wisdoms push humans to free their minds from the restriction of inherited thoughts and re-question, and read the heritage in a different way that opens new opportunities and possibilities. Development in all societies and countries has been and continues to be dependent on human development and its management methods, and then the management of sources in hand because the more human beings are of high knowledge, intelligence, determination, and faithfulness, the more they are capable to change homelands into places of construction, reconstruction, development, and technology that keep up with the time.

**■ Explain your disbelieve in lost values despite the absence of many values in the present time?**

I believe that God did not honor human beings with lack of high values but He equipped them with the souls breathed in their bodies. Therefore, I think that human beings hold their values as the earth bears its seeds that we witness after the earth is showered with rain. My book Disabled Values in the Arab Societies strengthen my belief that values may be disabled but not lost. Humans experience of returning to their noble values as a result of trauma, conscience, or otherwise proves that there is a valuable reference to the human conscience. However, conscience needs constant maintenance, development, and control. Disabling values is a result of an imbalance between the ego and the superego, and matter and soul, but the human beings are capable of balance if they used their disabled values.

**Dr. Saleh Al-Fahdi**

Head of Qiyam Center - Sultanate of Oman





■ The sun will shine no matter how long the darkness.

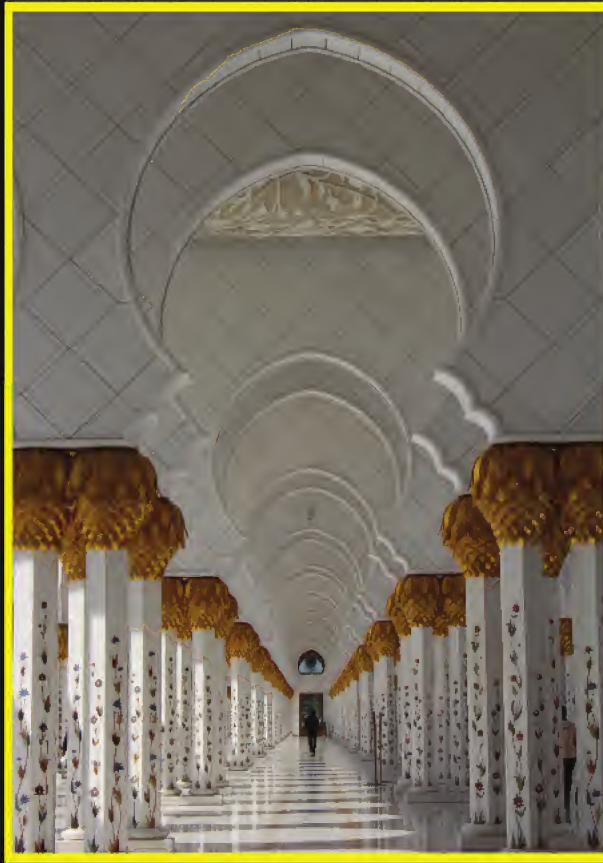
Hassan Mohammed Hamed AL-Gheilani



■ Planting hope, harvesting homeland.

Rua'a Abdulrahman Mohammed AL-Azri





■ There are wish, desire, and intention

ALzahraa Mohammed Zahir AL-Ghbari



■ Spontaneity always gives happiness in the pulse of life.

Luai Sulaim Saleh AL-Yahyaee



Once a upon time, everywhere in this world and across the wide horizon, there are people who imprison themselves in their creativity and ignore this infinite horizon.

They shut down their brains and live depending on others and ignoring themselves.

So, they live in the margin of life asking people for what they already have. Shattered and marginalised, they wonder where do they fit in this life. They almost forgot that they are the reason for ending there.

We are human beings created for this place to build, to grow and to become a voice for development everywhere.

O people of this place: whatever is your creativity and whatever is your ability, do not depend on others.

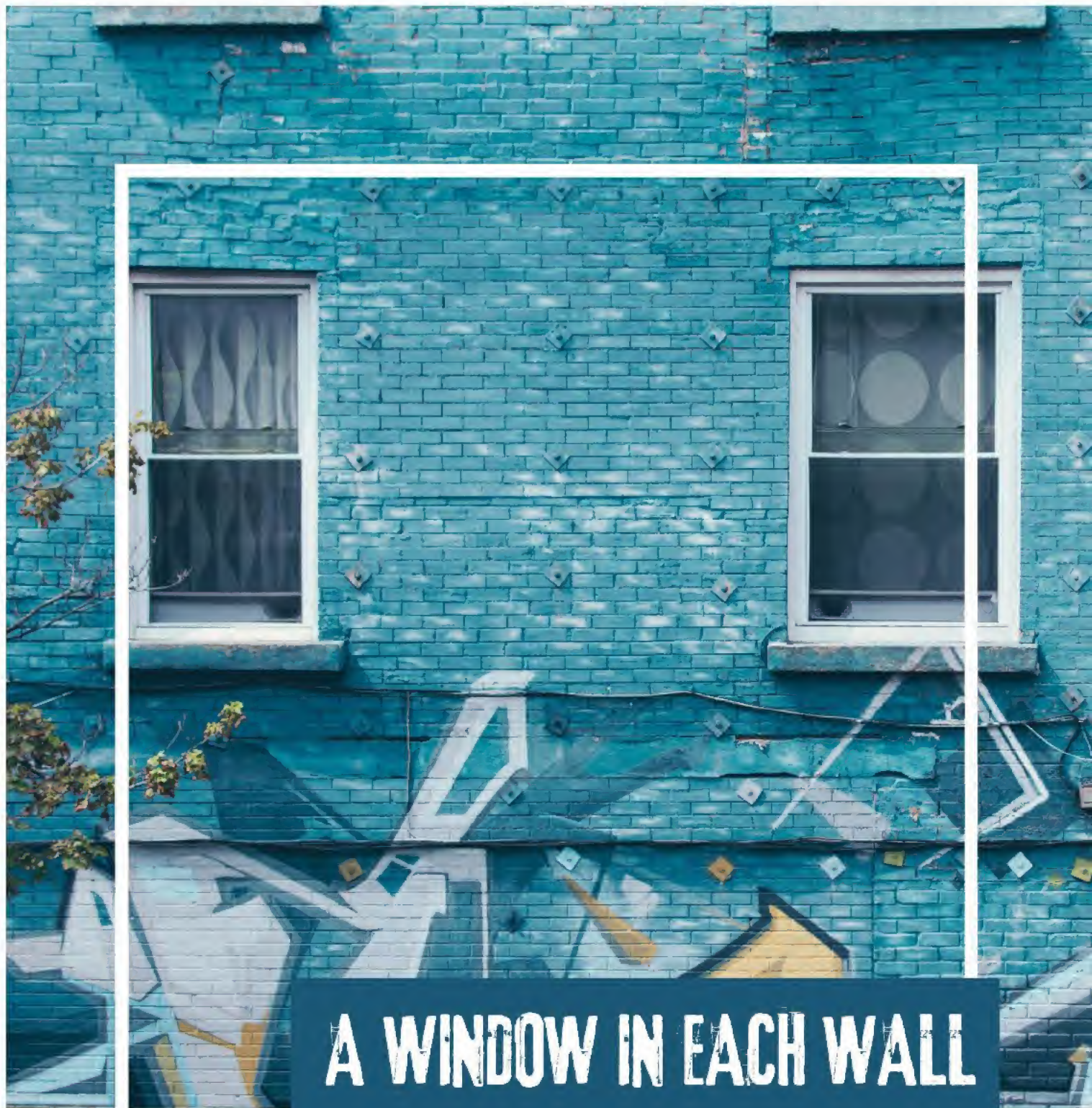
Each of us has his own fingerprint through which our world will witness ultimate human development. We complement each other so do not underestimate your status nor your ability. The world needs your voice of development. What if seven billion individuals depend on others? And what if those seven billion individuals complement each other towards achieving one goal in unity for the sake of human development?

---

**Khawla Abdullah Bahajaj**



| A Window in each wall



# A WINDOW IN EACH WALL

- Interview with Zuwaina AL.Gawi
- Interview with Suaad AL.Sawafi



## Writer: Zuwina ALGawi



When you speak to the writer Zuwaina, it means that you are in front of a memory that is full of success and brilliance. A girl who mastered writing strives to communicate her goal by documenting her experiences. She enlightened her mind and reached the maximum of her aspiration despite the surprises of her fate.

She lost her parents and young sister in a bitter incident in a wadi. Despite that, she confronted her pain and moved ahead with confident steps that proved her presence in the literary and cultural scene. To give further biography of this great woman, I leave you with this dialogue:

■ Tell us a little bit about yourself, who is Zuwaina amidst the Omani society

I am officially a teacher of history in the Ministry of Education. I was ranked second in the educational performance in Oman. Currently, I am working to be a member editor in an educational magazine for children by Dar Alwarraq publishing house. I wrote in the fields of education, ethics and society including my book (Involve Me, I Will Understand) and (The Wadi Survivor). My blog (The White Spirit) is a huge part of my life.

■ What are the factors and motivations that made you a very well known as a writer and teacher?

Those tough situations are the reason. When you take hope from your pain, you open up dead end roads. It's nice to be inspired by these difficulties and even turn them into personal and social opportunities.

■ Have you faced any difficulties in your journey of authorship?

Yes of course. I still remember the moments of disappointment when publishers refused to publish my book (The White Spirit). I don't know if my name wasn't famous enough in the society or my age was quite young at that time. It seemed strange because they admitted that the book was good. So, I decided to wait further for the right moment to publish because I believe that Allah deprived me from that chance only to give me another one for which I will be grateful.

■ What do you think about reading today in the era of technology?

People today read from websites more than paper books although the latter is a lot more beneficial, so what would it be like if we continue reading from paper books? I love technology and I'm not against the modern trend but paper books have their unique taste. Only trustworthy pens know the real flavours. Do we trust all online writers?

■ As a creative teacher of many teaching methods, what are your most important beliefs on developing student's minds and talents?

It's about my ability to identify the appropriate teaching techniques and their aims. This can act as a step stone into understanding the talents and abilities of the student. My principle in innovative teaching is based on achieving fairness amongst the students in the classroom where everyone has the right to express their intellectual capabilities. The learning strategies are a wide field to discover the student's talents. It eventually depends on the teacher to create an unconventional learning method that includes audio, visual and skillful aspects and converses with the student's mind. Such method will use the mind sensually moving it from a traditional to a logical style of learning.

■ What is your advice to those who do not yet have the courage to step into the literary scene?

As Allah said: "But the bounty of the lord – rehearse and proclaim". Deep in this verse lie the morals of responsibility and the necessity to pursue the goals in the life of every person. I'm sure there are many writers unknown to us. Difficulties create courage; remember that you are responsible for what you own so don't live in absolute selfishness. Who gives is the one who experiences the real value of happiness.

Interview done by: Yusra ALGafri.



## SUAAD ALSAWAFI

Suad al-Sawafi is blind. She gradually lost her sight during her school days. She is a graduate of Sultan Qaboos University and a teacher in Omar bin al-Khattab Institute for the Blind. She is now studying to get her master's degree. Suad proves that disability does not prevent will and that where there is a will, there is a way.

### ■ First, tell us about your achievements and academic and social contributions?

Studying was kind of different because my eyesight was decreasing as I got older. I got my secondary school certificate but I did not have the opportunity to complete my study till I was enrolled in Omar bin al-Khattab Institute for the Blind. There, I learned writing and reading with Braille in English and Arabic and mastered them in just a week and I was the top in my batch. Then, I joined Sultan Qaboos University and graduated in it with a rate of excellence. I now complete the path to get a master degree.

Socially, I participated in a number of voluntary teams and student groups including Ibdaa al Baseera group. I fulfilled my dream of graduating from the University with more than 50 certificates of participation. Then, I joined Al Noor Association for the Blind and now act as its secretary.

### ■ As a blind, did you face any specific challenges?

I faced some difficulties in my school days because the curriculum was improper for the blind. In addition, printed books were not available in the Institute. So, we had to record and type them ourselves to use them in our study. Moreover, not all the courses in the University were suitable for us. We had to find alternatives. There were also some social challenges, such as moving from one place to another and trying to integrate with the community.

### ■ What are the motives that enabled you to overcome disability and move towards excellence

Disability itself may certainly be one of the motives because we feel that we need to prove to others that disability does not mean the end of the world for us. I always tell myself that if I fail, it won't be said that Suad failed, but the disabled failed and that people with disabilities are incapable. Thus, I feel not only responsible for myself but for all people with disabilities.



I always try to be the best representative for them. Other motives include the people who always stand by my side as well as my jealousy of the people who achieve better than me.

### ■ A story or an event that proves "he who created stumbling, will create advancement?"

I was admitted into the University even after I was almost hopeless. However, God's mercy came and the excuse of not being accepted because of the age vanished. My enrollment in the College of Education came after a struggle to convince the officials because they did not accept a blind like me. However, my ambition was unlimited, and here I am aptly a teacher

### ■ What is the message you believe to be a compass to go on in life?

I believe that disability does not mean to stop but to go ahead. I also believe that I am a complete woman with unique achievements and ambition who will close any gap.

Interview done by: Asma Sultan Hamad Al Rawahi





- Great dreams rise even if the sun sets. They live lonely at high mountains like a virtuous city that no one lives in .except those who are determined to make their dreams come true

Anwar Nasser Salem Al Batashi



- "The green paths were once a desert. So, move forward at a steady pace for the more you step, the more you leave behind a reflection of your beautiful influence."

Omman Hamad Al – Adawi





# DETAILS

► Study on  
The role of training in the promotion and  
investment of human capital



## The role of training in promoting human capital and investing it in raising productivity

### A Study Applied to Employees in Private Sector Companies in the Sultanate of Oman

The study team of Seven Billion Magazine of Sawt Tanmia Group at Sultan Qaboos University conducted a study entitled "The Role of Training in Enhancing Human Capital and Investing It in to Increase Productivity:

A Study Applied to Employees in Private Sector Companies in the Sultanate of Oman

The study aimed to clarify the relationship between human capital investment and increasing the productivity of the private sector in the Sultanate of Oman. In addition, it aimed to prepare a clear picture of the Sultanate's experience in investing human capital in the private sector. It also aimed to propose ways to improve the investment of human resources in the private sector.

The study sample included 45 private sector companies in the sultanate of Oman. It was conducted in the first semester of the academic year 2017 \2018.

### Importance of the study



Enhancing the investment of human capital in the private sector companies in the Sultanate



To confirm the feasibility of investing human capital in raising the productivity of the private sector in the Sultanate of Oman

### Sub-objectives of the study



Reflection of human capital investment in increasing the productivity of the company



The effectiveness of the training courses in raising the efficiency of the company



Effect of . training courses on the employee's productivity

### Study Problem

Human resources are one of the most important topics for administrators, decision makers, experts, and planners of institutions management. The concept of human capital appeared in the framework of the knowledge economy in order to integrate human element with the management of human resources. The human being is the real source and the main source to develop businesses. Organizations have been seeking to provide and own this important resource and develop it. That is fulfilled by gaining human resources experiences and knowledge that they need in addition to skills and behavioral patterns to increase the efficiency of its performance through training. Thus, this study will seek to highlight the importance of human capital investment in private sector companies to increase its productivity.

### Concepts

01

#### Human Capital

Knowledge, skills, potentials, abilities, attributes and different characteristics of individuals involved in the economic activity

02

#### Human Capital investment

Spending on developing human abilities, skills and talents so that productivity can be increased

03

#### Productivity

Total units (product or service) provided by the company within a certain time period, whether measured in numerical form or value form

04

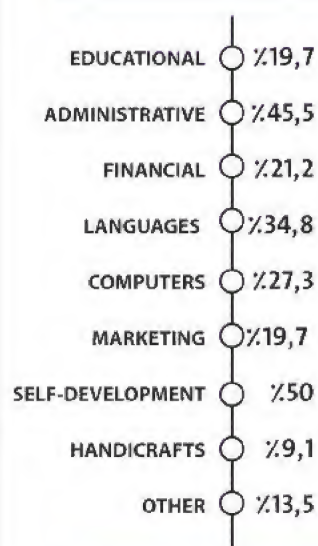
#### Private Sector

A part of the economy that is not controlled by the" government and managed according to financial profitability considerations

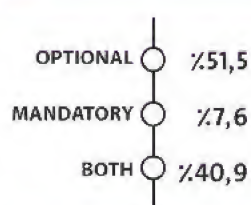


## First data of the study were as follows

## Course area



## Type of training programs



## Basic Data of Companies

## Company Industry



## The age of the company

## since its establishment



## Company level

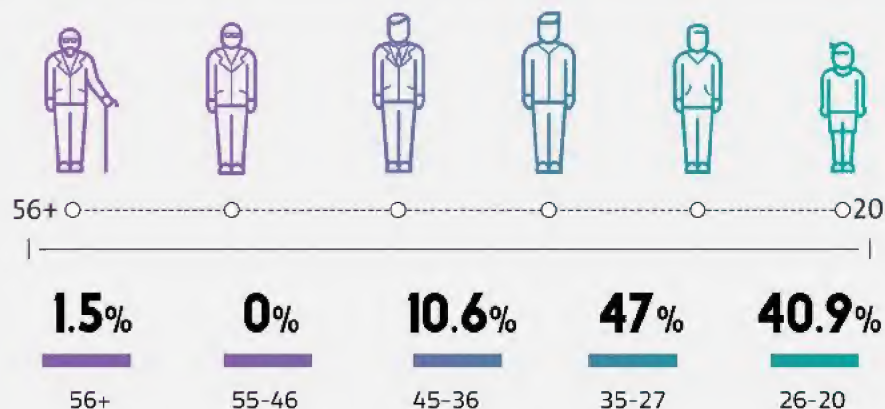


## Main data of the officer

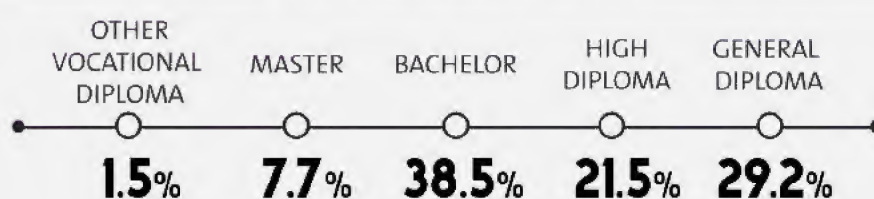
## Sex



## Age



## Educational qualification



## Number of training courses participated in





## Study Results

The study figured out a number of results that measure the

effectiveness of training courses in the employee's productivity

- A large percentage of the sample (79,4) agreed that the training programs in the institution were conducted according to the employees' actual needs and in accordance with the requirements of the labor market. That is because companies seek to improve the performance of employees by conducting specialized training courses that help to improve the working environment in a way that meets market requirements and thus increase the profits of the company.
- 75 % of the employees agreed that the training courses contribute mainly in increasing their professional competence.
- A large number of respondents (73,13) agreed that the training courses are a type of a reward that they wish to receive based on their effective work. This is evidenced by the fact that (76,1) of the employees believe that the lack of material incentive does not prevent them from joining a training course for the sake of developing the institution and increasing the proportion of productivity as the training courses increase the effectiveness of doing their work to the fullest.
- A large number of employees (82,1) cared about transferring the impact of training to their colleagues after completing the training course. That is because they believe that the sharing of experience and benefit among colleagues is necessary in order to enhance the working environment and make it more effective, whether it is by the employees themselves or by the company. Indeed, the company gets to benefit from the new experiences gained from training courses.
- A large number of employees (68,7) are not satisfied by only the training courses the company provides, but they also seek to attend training courses outside the framework of the work environment. That is because the employees are aware of the importance of acquiring skills and experiences in both the field of work and outside it because they will affect their performance.
- A large number of employees (65,7) were evaluated after the training courses they passed through one of the measurement tools (observation, questionnaire, performance reports, etc.) This shows the interest of the institutions in assessing employees after the implementation of the training course plans to ensure that the results of these courses and how effective they are in the work environment are firmly known by the employees.

As for the effectiveness of the training courses in increasing

the efficiency of the company, the study reached the following results

- A number of employees think that the company is interested in providing training courses to improve staff efficiency. Approval percentage of it is (55,8) and non-approval is (41,2). This may be due to several factors, including the financial potentials of the company, the realization of the usefulness and importance of training courses.
- About (50,7) of the employees believe that the company invests the training experience after employees undergo training courses. A convergent percentage (49,3) of the sample disagreed. This may be due to the lack of subsequent plans for these courses in some companies.
- A large number of employees (76,1) had training courses that contributed to the upgrading of the company. This may be due to the selection of the appropriate training courses or the increase of the staff experience.
- The majority of the employees (67,2) are susceptible to join available training courses. That indicates the employees' keenness and desire to develop their levels and competencies to increase the company's level of productivity, improve their productivity and to build themselves from all fields to be active employees and activists in the company in order to upgrade it.
- 53,7 of the employees believe that the company satisfies their desire in receiving training courses that meet their functional requirements while 46,3 of employees believe in the opposite. This may be due to the fact that companies differ in the way they deal with the employees in terms of consideration of their needs and demands and according to the companies' priorities.
- A small percentage of employees (42,4) believe that the company is interested in providing training courses on a regular basis for various reasons. One of the reasons is the absence of continuous plans responsible for providing training courses that aim to improve the efficiency of employees in the work environment. Another reason could be the lack of a fixed budget for these courses.



Finally, the study, in term of the reflection of human capital investment in increasing the productivity of the company, reached the following results

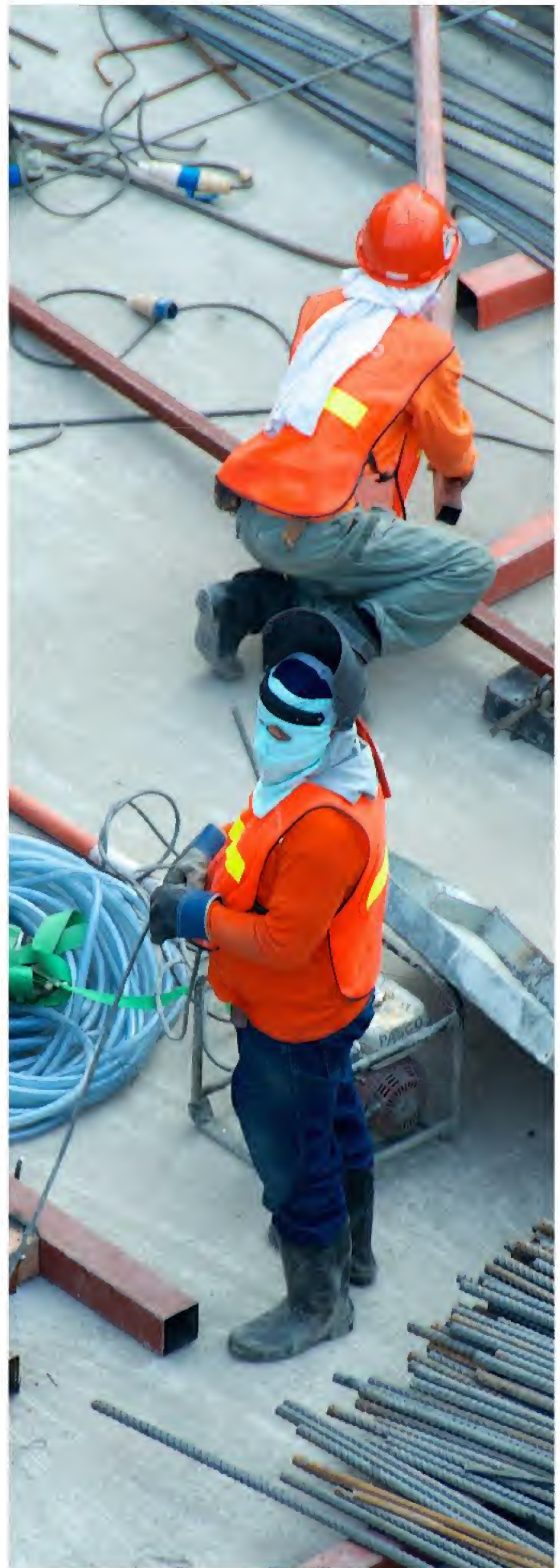
(Note: the axis is dedicated to owners of companies and financial officials and the well informed of the profits of the company only)

- A large percentage of the sample (74,5%) believes that the company's productivity has improved financially in the period in which the employees began to start work after they have joined a certain training course.
- A large percentage of the sample (80,4%) believes that the training courses contribute to improve the employees' handling of the work environment variables. That is because of their familiarity with the updates, which help to increase their ability to deal with it.
- A large percentage of the sample (74,5%) believes that training courses are the main way to address the weakness of the company. That is because the training courses are based on strengthening and strengthening the skills and capabilities of the staff and providing them with the expertise and abilities that enable them to confront the market and its volatility, which makes the company strong and able to cover all aspects and care about all variables in a manner that is proportional with the market.
- The number of companies appointing an employee responsible for coordinating and administrating the training courses is (56,9%). This is because the company has a forward-looking approach and believes that granting an employee this position is of a great importance for the arrangement and preparation of plans responsible for achieving improvement rates in the company's performance, whether as individuals or as a company in general based on the company's income and productivity.

#### Study proposals:

According to the results the company reached, we have reached a number of proposals for ways to improve the human resources investment in the private sector companies as follows:

- Periodic follow-up of staff levels through a continuous development plan with a clear regulatory body structure in order to measure performance that meets the career ladder.
- Investing the efficiency of experienced staff in carrying out training courses for the rest of the employees in the work environment and get benefit from the available capacities within the company.
- Taking into account quality in making training programs and plans and not the amount.
- Legalizing the subject of training courses through the enacting laws that care about set up, following-up and collecting the results by a competent authority or department.
- Educating the owners of companies (small, medium, large) by the government specialized to the need for training courses in the reality of work.
- Focusing on the specialization of the training courses in order to avoid randomness and distribute training courses according to majors.







■ Ambition is the best captain for your ambitious ship

Rehnad Muhad Salim Al Amri- Tui Ater School



■ Everything comes at the right time, be patient

Alaa Hassan Abdullah Al Ajmi





# OPINION AND

# THE OTHER OPINION

- ▶ article: An idea
- ▶ article: To a Wide Horizon
- ▶ ...And more



## An Idea...



■ The scene of crowding may seem familiar in the streets and markets; however, we live in a different kind of crowd, whether we live in it or not. The world changes every day; today's idea steals yesterday's glittery, and no one will survive from the crowd but creative ideas companions, believers on the importance of difference, available rebels, and renewal seekers.

The beauty of an idea and its astonishment is not by complicating it because many touching ideas were not complicated. They had deep faith and will. Every happiness we live in today came out of an idea, whose owner watered with goodness and so it grew up. In the contrary, some misery was driven by a desperate idea or a frustrating idea.

How do we translate our ideas and let it go to the world in harmony and consistency? In a way that no chaos is made in this harmonious universe. But, we forget how to think? And how to guide an idea to its right place so that it does not go astray or vanishes. Controlling an idea is necessary, and taking care of it since its birth makes a difference, and determines its faith; it either continues or vanishes.

Ideas cross our minds in the shape of humans we have a conversation with or traveling to new worlds we discover. An idea is like the sun that announces a new epoch; it may be a beginning that will not be repeated, completing in an abandoned road, or a dot at the end of a very long line that does not have the courage of your idea. Sometimes, we think deeply, but so much of the beauty we passed by in our life was a runaway idea, from deep feeling, or our strong need of a nearby salvation from a problem.

An idea's origin is in the human depth that extends within each one of us. Every innovation and invention were accompanied by humanity, which is like the magic that makes it potential and available. Light was an idea. Without it, we would be living in darkness, and so are the other examples of development humanity witnesses, and in the contrary, all the tragedies and misfortunes of humanity. War: a black idea emerged when we thought we are undefeated, and victory and defeat are all our choices in life and forgot our most beautiful idea in our hands. Isn't peace an idea and an available choice?

We face an idea rather than another. We share many differences that were not to meet if not for high thinking and wide horizon. Sharing an idea with others may certainly be like a scented perfume or a voice that is echoed. It is normal that you will seem odd when you speak differently or want to do something that did not look like what exists around you, but go ahead because the earth is enough for all our ideas. If you step back and get rid of your idea, there would be a big crash in your heart, and you will live strange from inside you, and that is the worst fate you choose for yourself.

Do not give up on your creative ideas, and do not look for similar ideas just because you gave up and want to be in the comfort zone. Get hold of all ambition to leave a beautiful impact because we need to protect our ideas from thieves of enthusiasm. Because an idea represents us, tells about us, and tells others who we are, we have to give it time and have faith in it so that it grows and we be able to defend it. We have to choose a motivated environment and friends who respect the idea, appreciate it, and guide it if it lost the way.

Massage: "An idea is like a name you may be called with; so, choose the loveliest names to your heart."

Watfa Masoud bin Rashid Al Farsi



## To a Wider Horizon

(And [mention, O Muhammad], when your Lord said to the angels, "Indeed, I will make upon the earth a successive authority." They said, "Will You place upon it one who causes corruption therein and sheds blood, while we declare Your praise and sanctify You?" Allah said, "Indeed, I know that which you do not know".)

From this point of view, and from this great verse, man understands that he is the main factor in the architecture of the earth and he is the instrument of effective progress and development in all fields and levels which explains the importance of human beings.

Therefore, the concept of human development is a process of advancement of individuals and peoples by governments, institutions, companies and other concerned individuals. This concept did not materialize until the world emerged from World War II with exhausted bodies and consumed energies. Humanity needed to be revived and energized to start the process known as 'human development'.

Bright people are fully aware of the importance of such development to the various vital aspects because nations evolve only by the hands of their peoples. Citizens of any country are its main factor of advancement. They help individuals and society to think positively. Human development helps individuals realize the importance of time, educate society and eliminate ignorance of all kinds, creating a productive economic environment, an effective social environment and a strong and intellectually active generation. Eventually, this can lead to integrated processes in the institutions and governments.



TOKYO, JAPAN - NOVEMBER 2016 ,30 By Tupungato

There are several ways to achieve this development including health. If a person is healthy, he would be able to work. Education and training also play a major role that cannot be neglected. Let us not forget that security has created an appropriate environment to advance the development.

It is a case in point when we recall the Republic of Japan - the Japanese miracle - was bombarded in 1945 with nuclear bombs which hit Nagasaki and Hiroshima. The whole world thought that this was the end of Japan, but today it has become one of the largest economies in the world – why?

The reason is simply that Japan has taken care of its people. It focused on education, training and qualification under the so-called 'human development'. Japanese started to rebuild their country after it was destroyed in World War II. Japan is now standing on solid foundations and its name has been added to the world map as one of the world's most powerful countries with greater economic returns.

Therefore, the leader of this nation, Muhammad, peace and blessings of Allah be upon him, was aware of the importance of developing human beings. He advised his followers to learn and encouraged them to seek it even overseas. He said: "Seek knowledge even in China." He was keen that people, old or young, must always acquire knowledge.

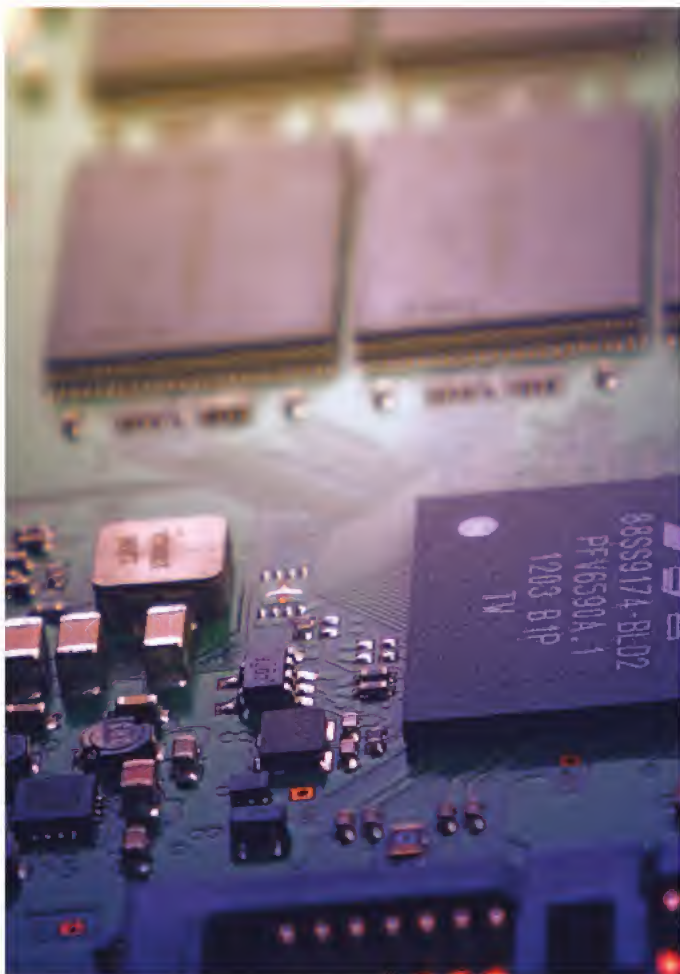
His Majesty Sultan Qabos bin Said also said:

(States do not live only in the ways of their people, but progress in the corridors of civilization and progress can only be achieved through knowledge, experience, training and qualification. There is no doubt that the real wealth of any nation is its human resources, which are capable of advancing development forward in all areas of life).

Iqbal Jaber bin Said al-Jolandani



## Technology between Reality and Logic



■ Studying the different fields that are indispensably necessary for our daily life shall open our eyes to the great scientific revolution of “technology” which has prevailed across such fields to the extent that it’s almost impossible for them to function in isolation of the technological applications. As a result to the constantly growing need for such industries, countries began to race to manufacture this revolution. This great expansion of technology resulted in turning the world into a small village – a process called ‘globalization’.

One of the prominent features of globalization is simply knowing what is going on in the world in real-time. Nowadays, you can easily know what is happening in the extreme other part of the world with one click while sipping coffee on your couch inside your house.

This fierce competition on the manufacturing and innovation of such revolution has encouraged many countries, in light of its sustainable profitability, to master and base on it to establish the foundations of their economies.

Social media (SM) stole the show from the other branches of technology. SM dominated the world in a short time forcing people, to keep pace with the new trend, to introduce to their dictionaries many words that either completely novel or were not commonly used before. Some words have even been redefined. The most notable example is “illiterate” which now means the person who is ‘unable to use SM’ rather than ‘unable to read or write’.

The excessive use of social networks (SN) has divided people into supporters, who find SN useful in sharing knowledge and news, and opponents who think that SN waste time and hinder brain activity.

Some users made use of the positive side of SN to illuminate their lives, pave the way to further success and overcome the challenges and obstacles against achieving the impossible. They harnessed every bit of this modern evolution to help them develop in various aspects of life.

On the other hand, some users focused on the negative side of SN utterly wasting their lives. They are unable to pull themselves out of the path of self-destruction while wasting their most valuable times in absurdities and following whatever trivial things they come across. By doing so, those users contaminate the blessing of SN with their endless ignorance.

Perhaps this great march and enormous expansion of using these means of communications opened the door to dialogue. The wind of liberation blew so that the individual can express whatever they want in full transparency and confidentiality. The involvement of these means led to the loss of people’s rights and embezzlement of business. It also led some people to the dissemination of extremist ideas that are inconsistent with human logic and are against the nature of human beings.

Views conflicted between the advantages and disadvantages of this revolution. However, looking at the facilities that accompanied it and permeated across the civil society one would only bow in respect to this great blessing. It is known that everything is a two-edged weapon. Users themselves decide how to benefit from this revolution.

Elias Faeq Al-Sobhi's share





# NON-DESTRUCTIBLE

- ▶ Summary of The Book: The seven spiritual laws of success
- ▶ Summary of The Book: Dancing with life
- ▶ Summary of The Book: A Pen Motion



## Summary of book: "Seven Spiritual Laws of Success"



■ The book is 134 pages long. It consists of seven chapters. In each chapter, Deepak Chopra explains a law of the spiritual laws of success and he concludes the book with a summary of the seven laws. This book is one of the best accessible books to achieve success and happiness.

The first chapter deals with The Law of Pure Potentiality, which is about the essence of existence and the truth of the self, where your pure potentiality lies, which is let go by knowing yourself and avoiding your fear or desire to win the favor of others, and being away from the love of control and human selfishness. Only then, your pure potentiality is let go. Silence, meditation, not misjudging and spending time in nature will also help let go of your pure potentiality.

Then, the author moves to the second chapter, which is about The Law of Giving. The author explains in this chapter that taking and giving saves the circulation of cosmic abundance in life.

For example: If you want to rejoice, give others joy and so on. To apply The Law of Giving in your life, you have to make a decision to give something every time you connect with others, not necessarily material; it may be a sincere prayer or a good word.

The third chapter is about "The Law of Karma" or cause and causative. This law teaches you how to make your decision consciously as each decision has a result, and as you sow, so will you reap. So, before you make a decision, ask yourself what are the consequences of such a decision? Your future is the beholder of your decisions.

The fourth chapter is about The Law of Least Effort. This chapter clarifies the secrets of saying "do a little and accomplish a lot". Before you use this law, you must be in harmony with nature and know your true self firmly. Only then, your energy will be free of the illusions of yourself and the beliefs of others in you and you will be able to direct your energy to make your dreams come true. To apply the Law of Least Effect, you must first learn acceptance, responsibility, impartiality, and intolerance.

The fifth chapter is about The Law of Intention and Desire. In this chapter, Deepak Chopra explains that desire is the seed of dreams that must be watered with determination in order to grow because desire or paying attention to the goal provides you with energy. Intent and determination, on the other hand, are the real strength and the basis of The Law of Intention and Desire to achieve goals.

The author cited The Law of Detachment in chapter six which states: "In order to obtain anything in the physical universe, you must give up your attachment to this thing ..." The real meaning of this law does not inconsistent with intention and desire to achieve your goal. It rather makes you feel free to choose the route of your journey in order to achieve your goals, focus on a specific route and look at all possibilities.

Finally, in the seventh Chapter, the writer deals with The Law of Dharma. The purpose of this law is to know the purpose of life. You are created with a goal and have a unique talent that no one has but you. The challenge for each one of you is to discover your talents so that you can be creative and achieve the purpose of creation.

Summarized by: Salma Salim Mohammed al-Wahibi

It is not the lesson of what your tongue admits that you believe in, but the lesson of what you believe in your heart, mind, and soul, and your actions



## Summary of book: Dancing with Life

{I asked everything from God to enjoy life and he got me life to enjoy everything}

■ Life breaks out all the time. It gives the breadwinners the means to earn their living and pension. It gives poor people smiles of satisfaction, wipes on their chests after a hard night, gives them the comforts every time they look at the heaven. Your seeking in this life is a compass of your glorious success and the green light to your spring missions, velvety achievements and wide offers.

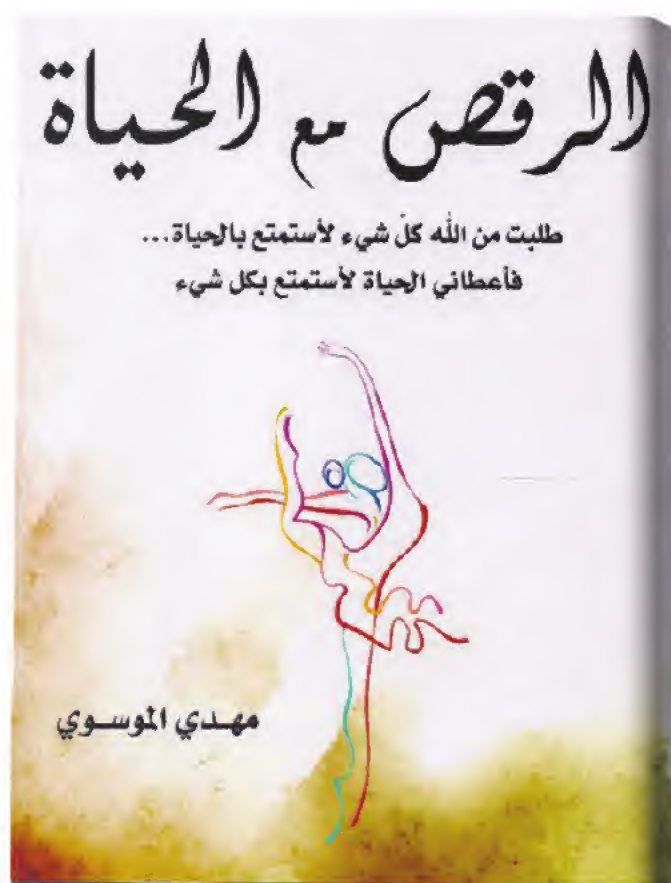
So, wake up and wear your pink robe, recite a verse, turn the pages of Dancing with Life, drink your favorite coffee, do your hobbies, laugh for your children, smile to your friends, and get out to life with vitality and a pure heart and a smile. If you find a collapsed part of you, resist your desire to stay the way you are and do something that returns you to life. God created you to live in his wide land; so, do not accept sleep, and do not be happy about yourself unless you see it work and live again. Put your feet on the road and step your first step.

Let your train go on and complete your way. If you intended to travel, fixed your broken ship, prepared yourself for the journey, rode the sea, knew the wind direction, and know the proper time to leave, then nature will probably send you a good wind that pushes you to the direction you want. It is but a little time and you will reach your goal.

Reconcile with your past so that you live a happy day. Do not make your day, no matter how tough or sad it is, takes away your coming moments and remaining days. Accept your day however it is (live pure moments with no distress.) Benefit from others' tears if ever you hurt them, and reconcile with your past days because it is useless to sue yourself for what happened. Reflect on what happens; you are today's son.

Create your happiness from nothing and search for it among the rubble. Search in the paths of life about an opportunity of happiness. You are the first maker of happiness, so do not wait for someone else to do it.

Accept the moments of loss like you boast the moments of victory. Be satisfied with little like you rejoice when you get so much because it is unfair to win every day.



Look for love in the corners of the earth. Do not miss a chance, no matter how small it is.

Look at the small things surrounding you, and you will find endless sources of pleasures that give vitality to your days. Look in everywhere about what makes you proud of your day because God did not create us to distress, but to live a normal life.

And be grateful for God's bounties because gratitude for things, no matter how small they are, will bring joy to your heart, and give our faces glory and light.

This is how the pages of Dancing with Life are. It contains rules about many things that we miss in life, such as gratitude, self-love, accepting others the way they are, adapting to circumstances, living the present, freeing oneself from fear, anticipating perfection around us, strengthening our inner worlds, minimizing problems, living a balanced life, making hardships bridges for success and many more.

The book also contains real symbolic stories and personal experiences for the author, which shows the secrets of a good life, hidden reasons for joy, and small keys for happiness that make our hearts our real wealth, throw sadness in our perforated pockets, and makes our life lively

Done by: Iman Rashed Hamad Al-Batini



## Summary of The Book: A Pen Motion



They want to open the world and they  
are unable to open a book

(Nizar Qabbani)

Our lives are full of chances and coincidences that we must use. A man would go through unforgettable situations during his life. However, he must continue the struggle and never despair or give up.

"A Pen's Motion" is a book full of morals and sophisticated articles that reflect our reality in the Arab world during the past era.

What makes the book so special are its article style and touching scenes. The good introductory part added a special flavor to the book. Some of the topics discussed include "Syria the sad country" and "Egypt over the waves". The writer did not forget the issues in his society as he displayed some of its most complex issues in the articles "Prostitution behind curtains" and "The Fire of Bahla and Ga'lan".

The effect of Quran is also prevalent in the writer's life. He reviewed such important topics as: "The Night Journey and Ascension", "As also in your own selves: Will ye not then see?" and "Ramadhan: the station of supply".

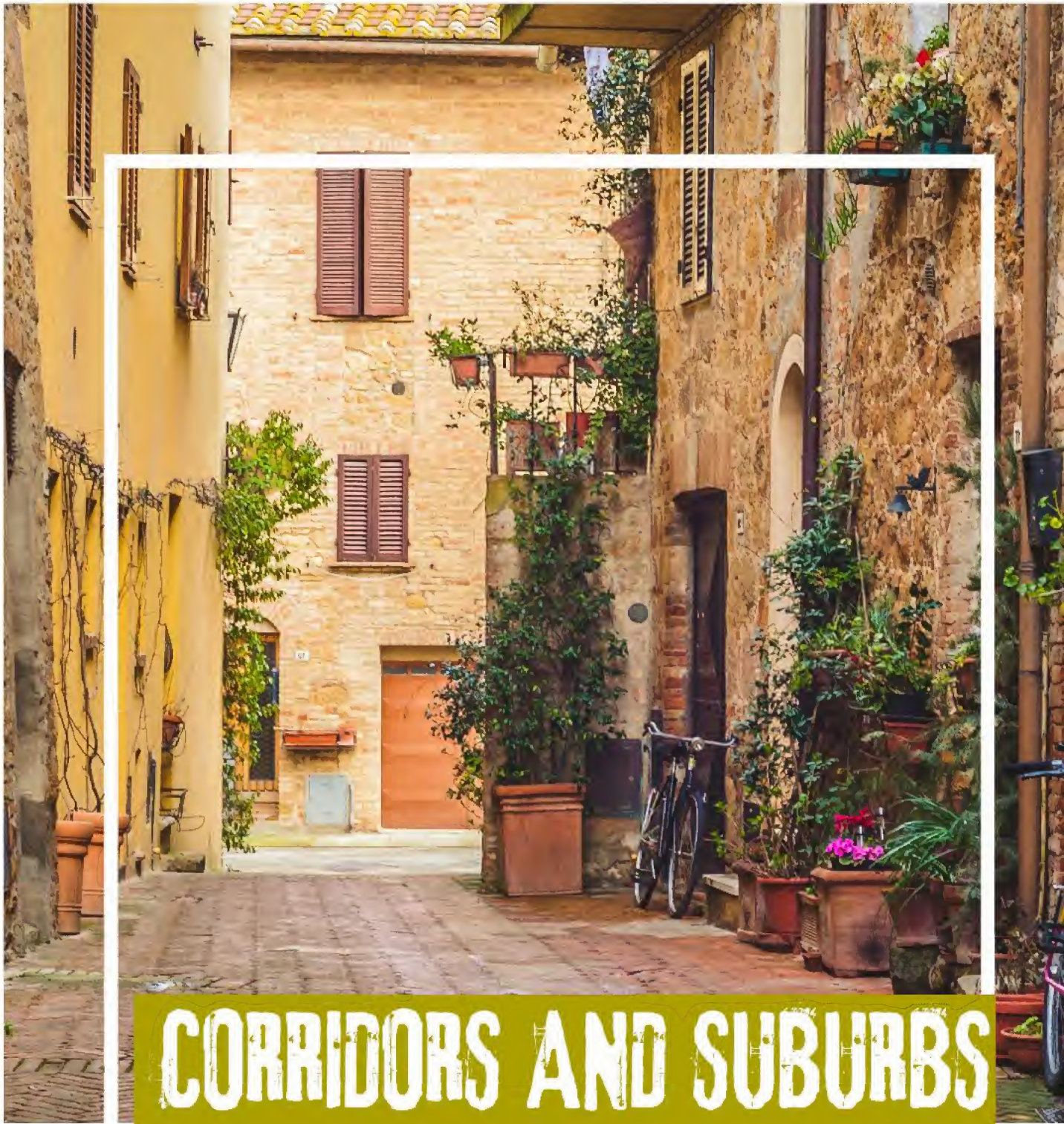
He, as well, did not forget the personal aspect as he discussed a few important articles like: "We Start Here" and "When Do We Write".

The quote that attracted my attention while reading is: "let the world know that taking away the love of prophet Mohammed from the hearts of his followers is like taking away their souls". Abu Sufian said: "I never saw someone loves another like Mohammed's followers love Mohammed."

This is what we see in our lives. The more we follow the footsteps of prophet Mohammed, the more we feel love and longing for him and for his greatness and compassion.

Summarized by: Safia Ali Hilal al - Husani





# CORRIDORS AND SUBURBS

- Story of: A Stuck Girl
- Story of: Diaries of a Princess of Canaan
- Story of: Stranger Between Us



## A Stuck Girl



Painted by Maryam Abdul Rahim Al Shehhi

■ In her death I lived, and I wish she did not die so that I do not have to live. Today, I meet Nalin – the innocent girl with the pretty smile the broken heart. Life drained her and, though young, made her look like an old woman. She told me she was going to become a doctor, but now she drifted away from her full-of-love-and-joy ambition. She told me she would write many books but she could not write one page. How could all her red-haired doll, stories and memories end up as ash? Nalin despaired and ignited an unbearable fire within her while screaming: “I will change.” That scream was not normal. I suffocate whenever I hear it.

Nalin will change even though everything in her is beautiful. I became frightened of Nalin’s scream. Everybody loved her but she loved her solitude in her world that was crowded with the meanings of beauty.

■ She is a child. Has she become so mature before time?

I thought I grew old and Nalin didn’t.

I’ll become 20 and she is still 8.

But everything seemed to me different than I thought.

I watched her hasting towards her desk to write.

I wouldn’t had known what she was writing if she wasn’t reading every word out loud.

She was writing her story with uncle Salim. she said: I’ll go to school along with my sisters and I hope to find uncle Salim to call me Doctor Nalin. I am still in the first grade and uncle Salim has already chosen my career – really proud!

Ten years on he finds me and say: Welcome my doctor. I’ve been waiting for you to check me. Automatically I’d smile and rush to my house to study very hard to be what he wants me to be. I tried to collect few pictures of him to remember him calling me ‘My Doctor’. I feel so happy; I really am uncle Salim’s doctor.

Years go by. I’m 16, and uncle Salim still remembers me and reminds me that I’m his doctor. He says: My doctor; how are you today?

I happily reply: I’m fine.

Uncle Salim: hurry up, don’t be late for school.

Absently, I rushed to school with the surprise that he still remembers me. It was the sweetest thing.

Now 17 years old and I wonder: does he remember me? Will he see me and call me ‘My Doctor’? Am I going to feel happy then or has something changed?

When I left my house heading to school, I saw uncle Salim smiling at me and he has changed his sentence this time. He said: “a doctor takes the responsibility of many things, you must not be late Nalin.”

How did I feel then? My tears translated that feeling. I was so sad. I started talking to myself: O Uncle, I’ve changed my goal. I’m not going to be a doctor as you wished. Your doctor, the one you knew, has changed. She no longer has the usual aspiration...

Uncle Salim was waiting for an answer. Unconsciously I said: Come into our house, Uncle, I’ll go to school now. He laughed at my irrelevant response.

I continued my consolations to the ambitious Nalin.

Now Here I am solving the puzzle of Nalin who is stuck between what she was and what she is.

Ikram Humaid Almahtthouri

Life is full of stones; so, do not stumble upon them, but collect them, and build a ladder out of them.



## Diaries of a Princess of Canaan



Painted by Maryam Abdul Rahim Al Shehhi

■ A princess of Canaan. The meaning of her name is the lotus flower. That is how I was until the war broke up between us and the Egyptians. It resulted that I became a made for the king of Egypt. A man from Iraq, from a village called "Ar" on the eastern shore of al Euphrates River, visited us. He immigrated from Iraq to Harran, then to Palestine, where he took it as the base of his religious invitation. Then, he came to Egypt accompanied by his wife. The king tried to touch the wife; so, she prayed that his hand becomes paralyzed, and it paralyzed. The king asked her to ask God to heal his hand and he promised that he will not touch her. She did, and so his hand was healed. The King knew that the woman has strong relationship bounded with God. The king showed his gratefulness to the woman by granting me to that woman because I was not like any maid. She was an infertile woman, so she married me off to her husband to have children from him. We returned to Palestine. There, I gave birth to a baby boy. I did not think that the woman would be jealous of me. I expected her to be happy for her husband's happiness because she was the one who married me off to her husband, who willed to have children.

My happiness with my beautiful child was not completed. The woman convinced my husband to exile me. She and I quarreled, and because my husband was already an old man, he obeyed her. He took me with the child to the Land of Hijaz, in a lifeless valley. The child and I were alone except for a sack of date and a small bottle of water. Then, he decided to leave. I was shocked! How can I live in a dry barren desert with no food or water? Without shelter or even shade? Why do I deserve such fate? Is it for my beautiful child? Or because of his innocent face? Or his cute features?

I wondered for a while, "Which is better for me: to live like a humiliated maid with the king of Egypt or to have my child and have a terrible death in a dry place with no companions where our bodies melt under the burning sun and transform to bones?"

I called my husband, "Where are you going and leaving us in this valley?" He did not answer.

I asked my question again, knowing that another affair would prevent him from answering me, "Did God ask you to do that?"

He said, "Yes."

So, I said confidently, "Then, He will not forget us."

He left us raising his hands for prayer, which I guessed to be for us. A short time passed slowly. The water finished, and I could not quench my child for my milk dried. My child was crying out because of hunger and thirst. His cry, that broke my heart, was echoed in the desert and the mountains.

I went to a nearby mountain, climbed it wishing to see passerby, but I did not. I went to the opposite mountain, climbed it and looked everywhere but I saw no soul. I repeated that seven times, walking and jogging between the mountains, but my attempts were in vain. I was overwhelmed with tiredness, and misery almost killed me. It was like seeing the sky split open and Ezra get out of it to take our souls, I seek refuge in God, and the mirage of evil disappears. Oh my God, Oh, my God.

Suddenly, the earth beside my child gushed forth with spring as if an Angel came and struck the earth with its wings. So, I ran to the water to save my child's life, and said, "zam zam" \_ which means gather\_ and so that water was called, "Zamzam Water." I was relieved.

When we were sleeping under the mountain, before the sons of Jerham came to us and asked to live beside us within few days, I once dreamed that people after years will come to seek as I sought. They will not be only seeking between Safa and Marwa, but also talking, insulting people and making fun of others without feeling of what I have felt of.

There will be some people who read or hear my story without meditating or complimenting on what I went through, without even sympathizing with me, or dropping a tear imagining what happened to me: a woman with her child in exile, swinging between death and life, want nothing from life, but water.

Ismail Saleh Ismail Al Shehhi



## Stranger Between Us



Painted by Maryam Abdul Rahim Al Shehhi

I wish you saw her eyes when she was telling me about her childhood!

How she looks among many old photos, searching for a photo to show me and, at the same time, tell me how she sanctifies. And here I am in front of you; the one who took that photo for you when I was twenty and I got my first camera.

She is moving childishly from a photo to another as if she is again that little girl in the photo.

The requested image has been found!

"Look here. I was ten years old."

Half of that image had been lost but that angelic face was filling the other half. It is the face of my child who will not grow up, the face of my love, the face of my sweetheart.

This is the tenth time that I see the photo and you can count how many times I saw it in three years.

How can she remember me only for a few moments a day? I'm her childhood's friend, I am the one who keeps the details of her childhood more than anyone else, even more than her because I am her friend and her husband for sixty years now. The ten years before she comes to this life do not mean anything to me.

Every time this damned Alzheimer's disease invades her mind, she begins to disguise me. She remembers something like her childhood which she always tells me about but she doesn't remember me or even recognise me.

How does this happen? I am her childhood, her adulthood and her elderliness. Even when she got this damned disease, I was beside her.

I am her life and she is all my life.

"You are a loyal husband my friend."

Do you know what my comfort is?

The moment when she recognises me, she starts kissing me and hugging me madly. Although she is sixty, she never abandoned her twenty's madness.

As soon as my comfort moments are over, she leaves me and says: "I always tell you about things related to me because my heart loves you very much, but this big head which I carry above my tired body does not know who you are completely."

I talk to myself:

Even if your mind, my little one, does not know who I am, I know for sure that your heart loves me so much and that's enough."

It's not your problem my dear.

This stranger, which is called Alzheimer, dominates you until you forget who I am, just who I am, but it will never stand between us, my love. You remember me from time to time and this is my happiness because when you start kissing me I see in you, at a contemplative moment, that child whom I have loved from the first look.

You are talking about a subject we did not complete when we were thirty years old, my love, and I am talking to you in order to complete your incomplete topic. In fact, there are more similar subjects!

I remember our first kiss.

I kiss you now by my heart and you deny me, my friend of my life, my love in this world and the Hereafter.

I feel shattered inside me. I feel that this heart that adores her is so fragmented to the extent that it feels nothing else.

This stranger is the reason for what I feel now.

I kiss her head forcing a tear out. I respond to what she said: I love you too.

I go back to my room to live in my sorrow alone so that she does not see me sad then she becomes sad.

I never want her to be sad never. Grief does not fit the love of my life.

I ask God that we always remain happy even if this stranger stands between us.

Maram Ahmed Al Abdul Qadir





# AMUSING YOUR MIND

- ▶ Meditation
- ▶ Show me what you see| meeting an adventurer
- ▶ Sami al-Maamari
- ▶ Pictorial Story: The Word .



## Meditation

### ■ Let mind be silent and let soul speak

Who does not desire a convalescing that is away from the noise of this world, work stress and all that trouble us Without doubt, all of us need minutes to collect our self-dispersions, get rid of our tension and anxiety, restore calmness into our hearts and have peace of mind, reach inner peace, collect our strength again, wake up, achieve and innovate

It is not that difficult. You need "meditation." What I mean by mediation is a certain ritual that you do to train your mind to stimulate inner consciousness, and in return, you receive moral and mental benefits

Dr. Tariq Habib mentioned in one of his interviews that meditation is a great school. Why? Because it helps you prioritize and make you mentally mature, leads you to inner peace and gives you comfort and peace because the soul, body and spirit correspond to each other harmoniously. Thus, you rise from trivial, and become more mature after negatives are abstracted from your mind

As Dr. Ibrahim al-Faqi said about the benefits of meditation in his book, The Magic of Meditation, "Meditation exercises help you relax and reach the deepest points of mental calmness, which gives the brain a sense of comfort and increase thinking. For example, a simple 10-minute period of meditation exercises helps you get rid of stress and enable you to achieve inner peace and psychological balance



recent American study has shown that meditation reduces the aging of the brain that affects humans as they grow old by affecting the functions of the nervous system that is responsible for processing information.

Researchers at the David Geffen School of Medicine at the University of California state that meditation preserves the gray matter in the brain. The gray matter is tissues that contain the nerve cells responsible for processing information and it erodes as people age. To clarify the relationship between meditation and aging of the brain, researchers noted 100 persons, aged between 24 and 77. Half of the research sample practiced meditation for about 4 to 46 years, while the other half did not practice meditation.

### Benefits of Meditation



#### How do you get these benefits

- In such a busy life, you must pause for a moment and look around
- Meditation is the seed of the tree of awareness
- Reading about the benefits of meditation
- Regular practice



#### Benefits of meditation for the soul

- Meditation can reveal your inner strengths and possibilities
- Cosmic Consciousness, the fifth state of consciousness, which means that you are aware that the whole universe is a part of you
- Internal harmony
- Meditation cleans you and nourishes you from the inside and calms you
- makes you calm and love what around you as you launch positive vibrations



#### Benefits of meditation for the mind

- Increases creativity
- Develops intuition
- Mental clarity
- Problems become smaller before they reach you



#### Benefits of meditation for the body

- Reduces the level of blood pressure
- Reduces the level of blood lactate, which reduces anxiety attacks
- Improves the functioning of the immune system
- Reduces pain caused by tension, such as headache, ulcers, and insomnia
- Increases secretion of serotonin, which improves mood and behavior
- Turns your body into a power plant, which is called prana





It is an easy and effective way to achieve quietness and meditation. Think of these two words, "Thank God." Imagine them as if you see them in front of you on a display screen. Look at the space between them. You will find out that you think of nothing because you are looking at the vacuum. You will feel that you are in complete silence. Keep looking at the vacuum, and then add the breathing method, (4 2 8). (That means inhale in four digits that you count in your mind, keep the air for two digits, and then exhale in eight digits...

Keep doing this breathing method till you feel comfortable. Stretch the muscles of your eyes, and then the muscles of your face. Feel the comfort spreading over them.

Stretch your body starting from the bottom of your head to its top. Then, form the top of your head to its back getting down till you reach the heel of your foot. Think or imagine that you have a number 3 in front of you and notice it as it moves farther and farther away and getting smaller and smaller until it fades away. Then, note a number 2 moving away and away until it fades. Then note a number 1 moving farther and farther away until it completely fades.

You will find that you are in the "alpha phase," which is a relaxation phase. Stay in full relaxation for 10 minutes. Breathe vigorously, and count from 1 to 5. Then say: now I decided to open my eyes; I feel calm and that I am better than before. Then open your eyes

Dr. Ibrahim al-Faqi

Human Development Coach - Egypt



When I went to the meditation program, I was broken and I returned from it healed. I thought that I went to the program specifically, but my soul was looking for the available light in every time and place. My soul loved silences in noisiness, and that what I learned in that trip of meditation."

Specify a time every day that is just for you, when you sit silently meditating nature, bringing the universe energy to you so that you achieve mental purity and self-renewal. Meditation does not require you to search for it elsewhere; you can meditate in anyplace you see it fits. It could be your home, prayer carpet, office, or any other place that makes you feel calm and quiet. You just have to take a deep breath every now and then so that your brain is nourished with oxygen and your spirit is refreshed with happiness.

D.r Mahfouza Al-Msheeqari

Psychology - Sultanate of Oman



Instead of using technology and mobile phones during rest periods, practice relaxation exercises. Just sitting, walking, lying down in a quiet place on the ground without any distraction or disturbance, and thinking about developing a command or acquiring a habit or improving a situation often helps in the flow of ideas. All the greats of history have given themselves a quiet isolation from time to time.

Get used to the 7-11 breathing relaxation sessions (Inhalation using fingers to count to number 7 and then exhalation using fingers to count to number 11) and imagine a trip in the world of dreams; imagine travelling to the space, a deep sea, amazing nature or a sacred place and be sure to use all your senses whilst you practice imagination

Saud Al-Rawahi

Leading Trainer - Sultanate of Oman



## show me what you see | interview with adventurer

■ Come.

Approach; Today you are my companion, away from the outside noise.

Let everything behind you and come with me.

Remove your shoes and free your feet from the robbing of socks. How about wearing the summer outfit you love? It suits you.

Now I will take you to the life that is filled with happiness. It is the wildlife. Can you the details of the branch there? Be careful... A beetle is on your shoulder. Don't worry; it is as peaceful as your heart.

Look at the dew on the green foothills. Can you see the down ray welcoming your angelic face? It is telling you that you have hope.

Run fast, the sun is at the heart of the sky, we have to dive now. It is besides you. So, yes, wear the diving jacket. Take this; put this plugs in your ears. We are going to the water world now. I will tell you alter about an ambitious diver called, Said Al-Jabri.

Ready? Good, I will precede you. Follow me if you can.

Do you hear me well? I am in front of you... No, the hand you are holding is not mine. It is a manatee's hand. Yes, he has no wool. He is endangered. His original homeland is Florida. Don't be afraid. He is one of the cutest and most docile marine creatures. Give him a name. He is your new friend.

No. Watch out your head!

You were about to hit your head with our boat. Come on, climb quietly. You fine? Remove your outfit and your earplugs. Good. A helicopter is coming to take us to the tops of the Himalayas.

Hold on. You will be fine.

Come on, ascend; it is raining heavily. No, no! Descend again. Let us get wet a little. Let rain dig your body. Let it wash your soul. Look up. It is time to take off. Put your headphones so you don't hear the Mayan drums in your ears for there is too much pressure in the sky. Relaxed in your seat?

Open the window; the swallow is knocking it. Let it come to you. Bring it in your hands; the rain wetted it. It is your new friend. Give it a name. Cold is pinching every part of my body! Are you ok? Good. Come on, we have arrived. The smoke of the rocket is filling throats. Go up quickly; the countdown will start. 10, 9, 8. Faster! Give me your hand. 7, 6. Watch out your steps on the ladder. 5, 4. Sit in the cabin of the shuttle. 3, 2, 1. Faster! The belt. Open your eyes. Leave the belt. Now you are the swallow of the space. Leave yourself to this glass world.

Nothing will stop you.

What a wonderful sight!

I remembered something. After this trip, I will tell you what happened between Issa Al-Sheikh and me. He is one of the astronomy lovers

Oh my God, look! Milky Way and Andromeda are in front of us! Like your eyes. they are a miniature world in your glass eyes.

"A little body thyself thou deem, while the great universe in thee dwells."

What is going on! The shuttle had a jolt! Everything in the shuttle is falling! We are being swallowed! The black hole! What should we do!

If we are swallowed, we cannot return. A cosmic phenomenon that contradicts the laws of physics, defies the human mind and its laws. Will we survive? What if another world is found in that gap? Will you jump with me? I want to experience that dark black. Do you have a heart that experiences things in life? The heart that goes through the first of its kind experiences without waiting for someone to do it before it? I'll jump.

Coming?

### Diver: Said Abdullah Rashid Al Jabri



A teamwork lover who aims to raise awareness of voluntary work

■ Diving passion:

Voluntary work is a mean to make the difficult place of diving a passion. I love sea since childhood and I love to discover the beauties of seabed that Almighty God created.

■ Events in Seabed:

When I was with my friend in diving at a depth of ten meters, I heard the sound of bubbles coming out of my colleague's cylinder and he did not know. I gave him the diving signal that he should ascend to the sea. Thankfully, I saved his life.

■ Challenges:

There are many challenges in diving at the team level or at gradually getting diving licenses. I was an open water diver, and then I was promoted to advanced diving. Four months ago, I, thank God, finished first aid and rescue license, which is a high and important diving license.



## Eng. Issa Salem Mohammed Al - Sheikh



Specialized in Computer Engineering and Networks and a lover of science and technology, and the NASA Initiative in Arabic in social media

### ■ Passion for Astronomy:

Astronomy teaches me that everything we see has many other aspects that we can see by changing the way we look at it. What astonishes me in astronomy is that it is a world of extreme things, and has many huge things, very hot things, and very cold things. But, the most surprising is that everything related to it can be understood by studying smaller things we have.

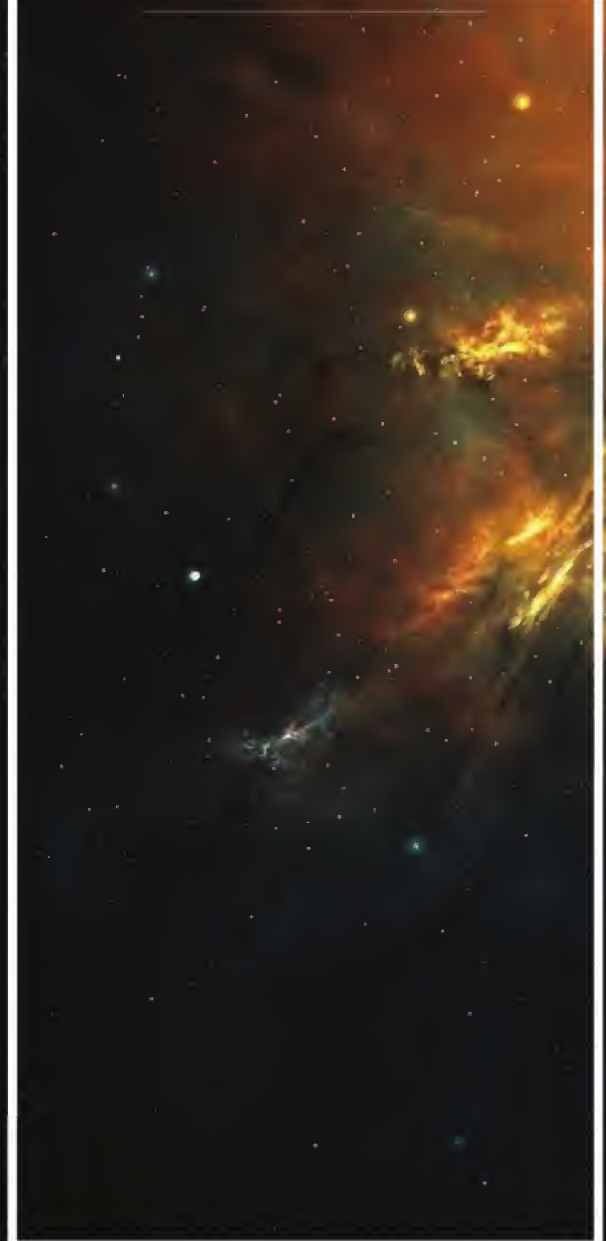
NASA in Arabic is an initiative in social media. It aims to spread information related to astronomy and space, and it offers a translated astronomical content that answers questions related to astronomy as well as highlights its importance, beauty and relation to other sciences.

### ■ Challenges:

The challenge is keeping pace with the great development in this science because it expands and grows at a new speed; astronomy a year ago is not the astronomy we know today. Therefore, catching up with great discoveries to explain it and offer it to the audience is a continuous challenge. Answering questions that flow every day is also a continuous challenge. That is why I hope the initiative gets the valuable support that enables it to gradually become an institution that benefits astronomy lovers



Astounding in astronomy is that everything can be understood by studying the smallest things we have





## Sami al-Maamari | Ancient languages

Sami bin Hilal bin Hamad al-Maamari, a teacher of social studies, holds a master's degree in guidance and psychological counseling.

His research focuses on writings, rock paintings and ancient civilizations in Wadi Al-Hager in the state of Rustaq, and the most important villages in the valley included: Al-Zawihir, Salih, Disli, Hajar Bani Omar, Al-Ghabra, Mahdhouth, Fajri and Sudi.

### ■ The beginning:

My beginning was in 2007, where my interest was in traditional architecture and I was looking for rock paintings, writings, interpretation of languages and carved signs.

### ■ Objectives and motives for achieving:

My goal was to find evidence supporting a range of theories and stories of Omani folklore in the environment and what these stories are, and I am also driven by the historical research shortage of such wades and the archaeological sites that have resulted in urban encroachments and the absence of large parts of them.

Learn Ancient Languages

### ■ The Passion of learning ancient languages:

I have a lot of curiosity about the social, cultural and political life of the old Omani man. The rocky writings, drawings and construction methods of the lanes, cemeteries, and languages that he has circulated and expressed in his rocky diagrams scattered in the foothills and valleys are the most important ways that a researcher can reach many details of his life. The passion for the field of archaeological research and the different languages needs a passionate person who enjoys the field of hard research sometimes in terms of the effort spent in investigating various sites in field research and the time and concentration he consumes.

### ■ Ancient writings discovered:

There are many references to the languages of the BC in the rock writings, which are always accompanied by rock drawings, most probably Aramaic languages, and researchers are likely in this area that most of the drawings of rock in both: (drawn and carved) back to the Iron Age. As for the Arabic language, there are two parts of it: (rock writings and tombstones). The writings of Khalaf ibn Nasser al-Salhi, dating back to 1109 AH, are the oldest on the level of what they have found so far. Most of the evidence found is limited to the years 1225-1336. It is also possible to rely on the manuscripts and paper documents that date back to the history of the valley, And the search for drawings and rock writings is very important in our time to understand the context of the history of various regions in the history of Oman, cannot be dispensed with this part of history and cannot be a real history of any area without the integration of all components of research related to history, Confidential and paper such as documents and manuscripts as well as the speech of the elderly and eyewitnesses.

Most of the rock writings are divided into:

- incomprehensible letters, and most of my belief that the Aramaic language that has been scattered in the Sultanate since ancient times.

- Graphic drawings to refer to information, some of which symbolize the existence of certain rituals such as rituals of worship, for example, rituals of meeting kings, and other refer to hunting and the existence of predatory animals such as a lion.

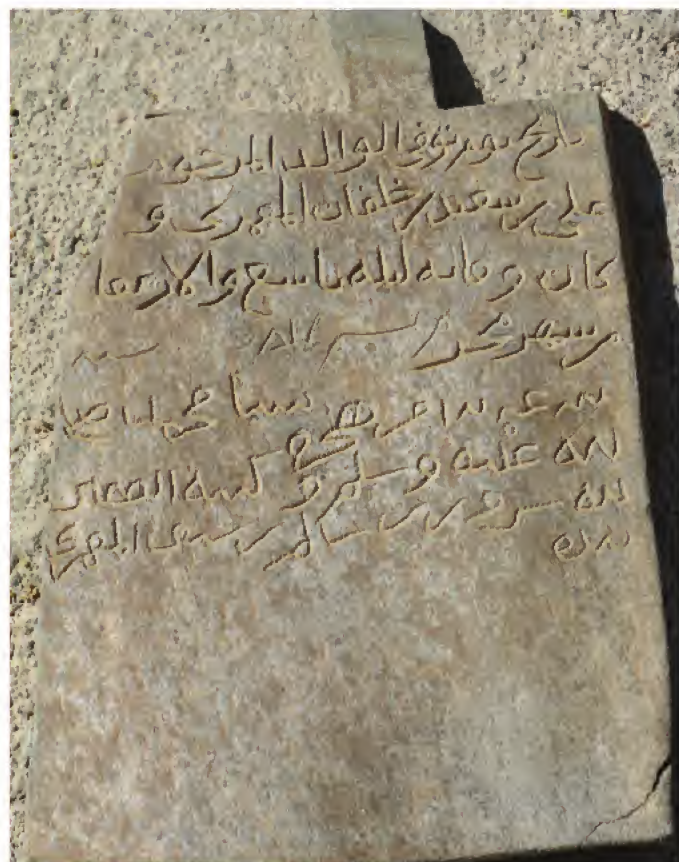
- Arab writings chronicling an event such as wars, conventions, deaths and others

### ■ How to learn old languages:

I have learned languages in everyday practice, as well as to communicate with researchers and practitioners in this field. I also refer to research sources and previous studies and repeated attempts to understand what language, drawing and writing content.

### ■ Ambitions:

The fact that every scholar and historian has a detailed study of the history of his region leads to the creation of a true and accurate history of Oman, and as it is said, "أهل مكة أدري بشعابها". At a glance at the history books in Oman sometimes you find discrepancies in events because assumptions are not based on realistic evidence from the reality of each region, so I am sure that attention to the history of my region will make a major change in the history of Rustaq, my ambition to contribute to the history of Wadi Al Hajir as part of the ancient history system of Oman through the development of a new author focuses on the written historical aspect, and is currently under the authorship, one of my previous books is: (Hajar valley between the past and originality fragrant offering a unique tourist trip), printed and rolling in the hope of putting my mark on this side.







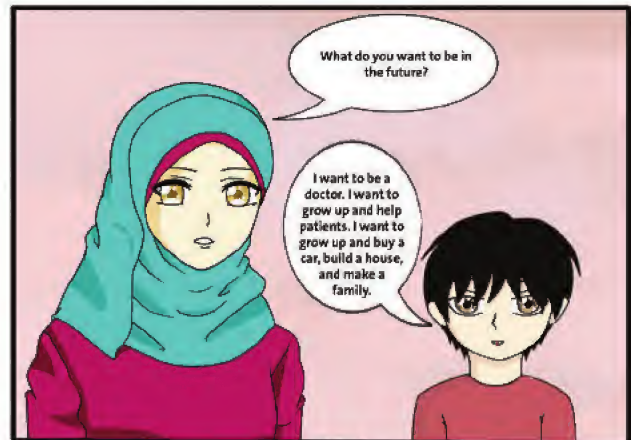
■ Away from a world which neither looks like you  
nor flatter your taste or imitate your aspirations  
You see yourself great,  
As long as you are alive,  
there is a hope to celebrate your achievements  
live in a lifeless gloomy surrounding  
and struggle until last breath  
There are plenty of opportunities you never tapped  
before  
It's time to seize them  
Your dreams will remain asleep until you realise them  
They are always there for you  
Enjoy the first drop of rain  
It's will make your land swell  
and put forth more and more achievements  
You will then be chanting

never content or satisfied with what you have  
You see yourself bigger  
than your rusty space can fit any of your goals.  
You preferred to leave your old-fashioned society  
You like the taste of being away from your tribe  
Which, you think, is a glorification of the history  
that yields no present or future  
You actually left a past  
centred not around you but your ancestors  
Eventually, you realised how to separate from  
something  
that previously seemed inseparable.  
“They are myths old men find funny”  
You say this, oblivious to the curses  
chasing those who forget their society's traditions  
You are self-arrogant  
You achieved no one but you only!  
You constructed a present named after you  
And relatively paved a way to your future  
You are now different, a fact about which you are  
pleased  
Yet, don't be self-deceived  
All human worlds are similar  
It's your world of 'difference' that is different  
Different in making use of your time  
changing your routine interests in playing billiard with  
your friends in the neighborhood  
and watching matches in the coffee shop every  
evening  
to become like the interests of a rich intellectual  
businessman  
who reads newspapers, follow stock updates  
and has no tolerance to wasting a single minute  
Remember that  
Positive change is still rooted in you  
You have ideal freedom of thought  
Let go the past and started drawing your own world  
but  
Do not hate your surrounding or past  
The deep warm feelings link you to your loved ones  
Share with them your knowledge and ideas  
your power and revolution  
your many differences  
your similarities and feelings  
do not deprive yourself of your passions  
play the billiard and watch matches  
at your leisure time  
and even when you are very busy  
Getting along with people and practicing your  
hobbies  
should not be mere fun and pastime  
but to relax and run away  
from your inner volcano of feelings

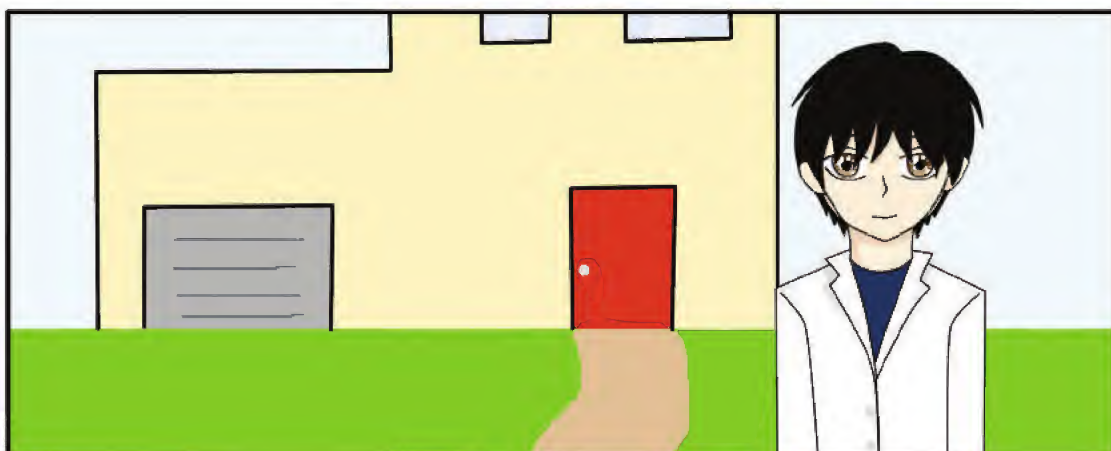
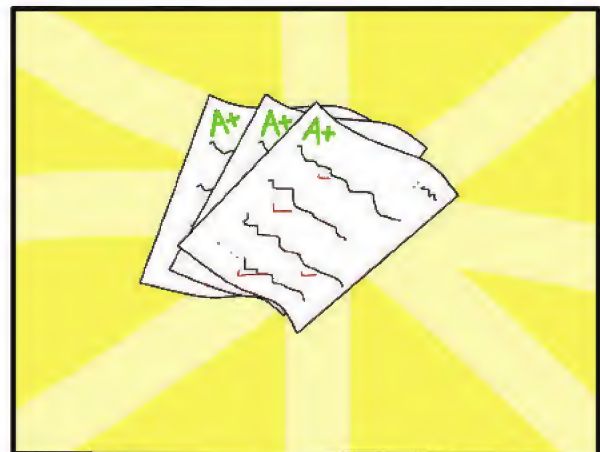
Bayan Salim Hamad Al-Hajri



## Comic Story: The Word








By: Roqaya Saud Al Busaid





Behind those dark eyes lies the dream wide across, ready to be written. If it gets shattered, it will die instantly. Calls have gone astray amidst the dreams of the clouds while hugging the songbirds. The chanting of its dream will pass like a raining cloud.

The effect of those few minutes still pulses in the heart with a dream folded in blossom and hope expressed in words and feelings. They recall old sad memories. I ramped slowly between from a dream to another with the aim high. Oh dream!

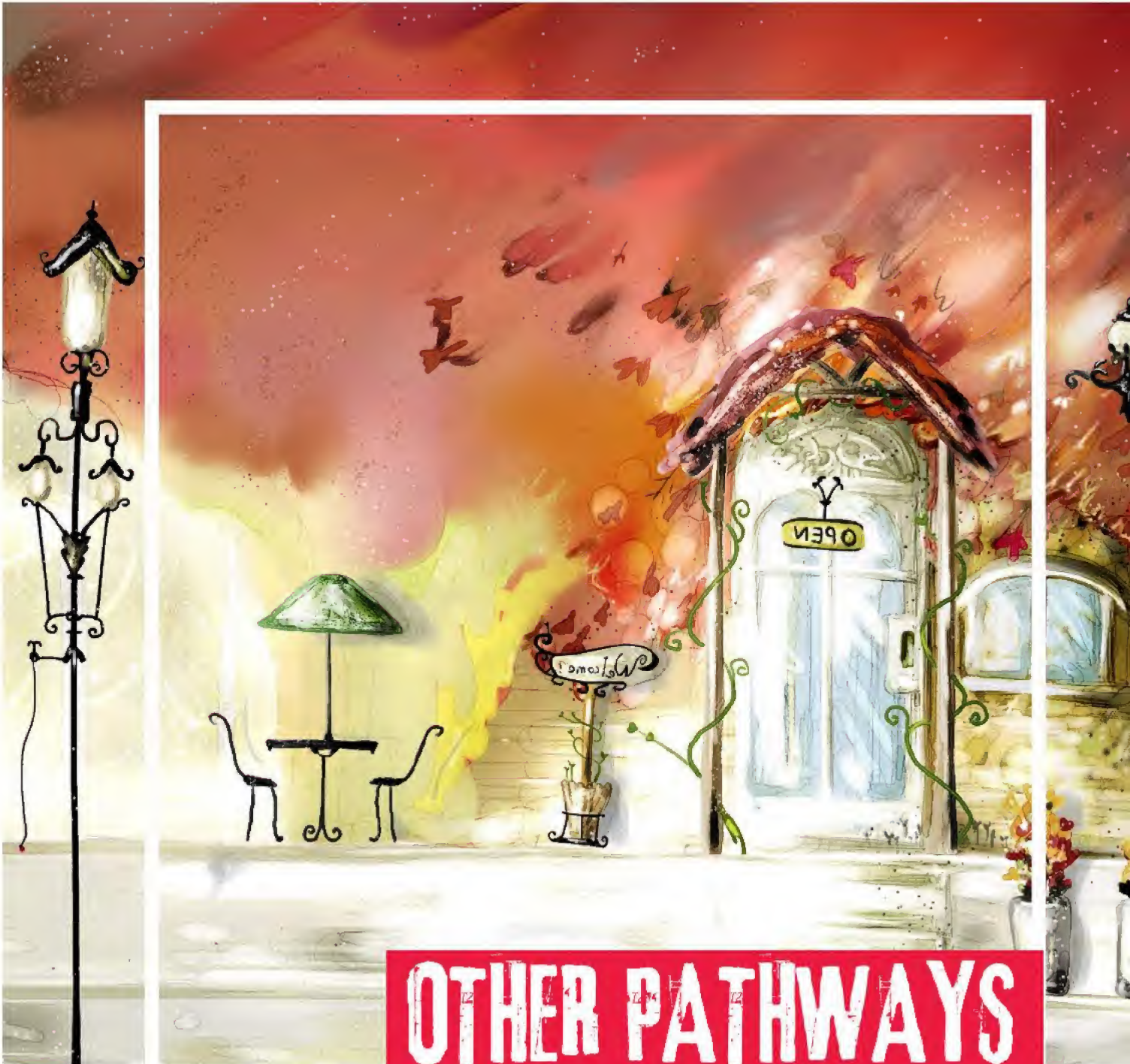
Have some mercy on this suffering heart. It is close to you and looking up to you. Oh dream! My days have withered. You have been away for 10 years. Please stay near me; I am your friend and loved one. Without you, I would be now in the lost land. Oh dream! I have a valuable diamond waiting for me to whisper in her ears and draw a smile on her face happy of your arrival. Oh dream! I see you close to my imagination and memory of my moments and day. One day, I will accompany you and let the world know of this happy news. I will revive you in the smile of tomorrow.

Oh dream! Stay close to my eyes.

---

Noura Saleh Khalifa Al - Hatmi





# OTHER PATHWAYS

- ▶ Children's Wish
- ▶ Taigablush
- ▶ The Twins of Britain



## Children's bravery



They told us about the children's bravery, the amazing things we adults could not do and about the precious lessons they have given to our world. We are so excited to hear some stories which confirm in some way that willingness always wins and that the good remains for good.

■ A social charity in the Kingdom of Bahrain seeks to realise the simplest wishes of any orphaned, low-income or chronically ill child.

The association was launched through social media to communicate with the social sectors since March 2012. It was officially announced in July 2013 as an official association under the umbrella of the Ministry of Social Development in Bahrain.

Since its inception, it has been able to fulfil many wishes of children in the Kingdom and provide them with essential assistance during the holiday of Ramadan, and winter. The association organises also the 'Return to Schools' campaign to provide stationery and uniforms to students in need. The charity also organises specialised campaigns, such as the 'Juareya Campaign' which supports children cancer fighters, a campaign to support children with partial or total alopecia and 'Our Childhood is Our Responsibility' annual campaign which combats child molestation through the provision of physical and moral support.





■ I do not know where to start but I will let my letters tell you the story. Shall I start with Fatima who is chased by "cancer", the disease that hit her at the age of six changing her life after that or with my story with her courage and how she taught me many lessons despite her young age?

I was on my way to the oncology ward to do a simple activity for the children. My eagerness to see a lot of them vanished when I found that a very few number of them turned out – two or three.

Honestly, I wished if there was more of them and more of the little smiles. The lady in charge of the ward told me: "Room 6. Fatima – if you can talk to her."

I entered room 6 and from the first moment realized the harsh situation and stubbornness of this girl. She covered her head and did not want to see anyone. I would not forget her hair falling on her pillow. I had nothing but pencils and colours. Nothing else that could attract her attention. I stayed with her for two hours struggling with my tears when I saw Fatima's obstinacy, her health and her mother's face.

Then, I saw Fatima's response, her smile and her reaction as she happily started to draw a princess on the paper. She said she was drawing me. When her mother smiled and hurried to take a picture of her daughter's smile. My tears defeated me. Later, the mother told me that Fatima did not respond to any visitor, even those who brought gifts. She did not open any gift except mine.

The next day, I saw a girl sitting early in the morning looking forward to me and next to her was a small box with a gift for me. It was a bracelet.

I loved it a lot not for its price or shape but for the simplicity and innocence of the little soft fingers that made it. Such a feeling is indescribable, not even in a thousand words.

Fatima taught me the greatest lessons of life: love breaks down any hardship. She needed love. A piece of paper and a pen will avail for all gifts. Fatima taught me that pleasing a single child exhausted by the chemotherapy equals infinite happiness. The countenance of her mother's face taught me that the prayers of a mother pleased at you for drawing a smile on her child's face tells volume words and feelings.

Aisha AL-Kooheji

“

She taught me that the mother's prayer, because you made her child happy, makes you need no other feeling.





## Taigablush

When did this idea cross your mind?

The real change starts gradually a step after another. When you meditate on the starting point and look at the "now" point, what would you like to say about the beginning and the road? What do you want to say about the Manga road? Does it change every day or is it a fixed rule you want to continue on?

Is it a dream for oneself, or for others?

■ Zainab Abdul Raouf Al Youssef or Zainab Al Lawati. I am known with the technical name, TaiGa Blush, or as Zainab Al Youssef in my books. I am considered as the first and only drawing instructor in the Sultanate to teach Japanese manga painting.

Winner of the Pihans International Award, the Women's Award for Fine Arts, and the Comic-Kun Award for Best Design. I was honored in "Shukran Shababuna 3" by the National Youth Committee.

I work as an illustrator of children's stories. I am also a character designer working with some entities or individuals and, of course, generally working on my own projects, including annual participations in art exhibitions inside and outside Oman...

My works in this field include, Draw chibis with Taiga Blush and (Light Novel) Nostalgia.

### ■ About the Manga:

The Manga is the Japanese way in illustrating comics in white and black. It is the western comic with Japanese flavor. The animation, or Japanese anime, is adopted from Manga.



### LIGHT NOVEL





■ My story in the art of manga is only three years old. I do not know when or why but it happened. I was passionate with the anime ever since I was a child, but I do not know why it took me too long to understand myself. I knew that there was a character inside me who hates routine, repeated jobs and commitment. She is also ambitious to uniqueness, innovation, and building new world created by her own. She works on it passionately and believes that it should be valuable for her and her society. I love going through experiences that go beyond my expectations and make me get out of the comfort zone I live in.

I took drawing as my only talent until I lived a bad experience in the same field which transformed me into a new human being determent to make a change and eventually became serious in drawing. I had to choose between: surrender to the frustration I live in and return to the point where I was as Manga and Anime follower, or live the world with more challenges and higher goals. The second choice itself was a challenge.

When I was about to give up on everything, I suddenly remembered much stuff. I remembered my naughty childish wish to be something special in life. I remembered the moment when I was a child and got a manga book. It was in Japanese and I was astonished by it. I took manga illustrators as genius and respectful people. I thought anime represents me, even though I was not drawing. When I remember that event, I give my hobby an ideal return which is now more than a hobby. I can say that it is the job that I dreamt of, and am devoting myself to it. I am grateful to the anonymous person who devastated my passion, yet left completely an opposite impact on me, thanks God.

I created out of that experience a challenge. I now taste competition, innovation, and evolvment. Every day is better than the day before. It is true that change is not like a ladder, but my progress was too quick that I did not realize when or how I reached here.

I was like a child, full of enthusiasm in his new age, fantasy, passion, and willpower in achieving goals. Thus, I run and did not close my eyes till I could prove myself, and completed my first achievement in this field.

When I wanted to sleep a little, enthusiasm would wake me up. I created another goal and fought for it. What I care about was the quality of the work, taking care of it, and not abandoning it. I was working because I loved the work, and working hard on it was tasty. I worked for respect, for change, for effect, and to inspire others and be a role model and a unique person.

Perhaps the first time I felt the difference was two years ago when I got the Women's Award for Fine Arts. I was the youngest girl between the candidates. At the time, I took a long rest and gave myself the chance to live for some time. It could have been laziness, but, thank God, after each time, I return with a new goal. That is how the menu of my goals did not end and will never end, by God will.

However, I confess that it was only since a year when my steps became carefully calculated. Thus, I now feel the time and every ladder I climb because I care about excellence between my friends who are painters. That proves them to be my components, and I am proud of this positive competition.

see them as my friends outside the field and in our private life. When I started, no one was beside me, but it seems that I have ignited the spirit of competition in some people at some point in my field, and I am happy for that.

My relation with manga does not just mean that drawing is a means to express feelings and send different messages in the shape of a story or a painting; drawing is about expressing oneself and telling about all that is inside us. It is a bounty from God, and I am thankful for it. When I go through a new experience, I illustrate it or write a novel out of it. When I see a beautifully decorated plate, I draw it in my drawing book... When I design most of my characters, I depict real characters. It may be my character or characters from different stories

Drawing is itself an inspiration. My only message is that I would like to leave a special impact on the souls of those who see or read my works. One of my childhood wishes was to make the reader of my novel or the viewer of one of my artistic works cry because I personally think that if one cries because of a work, it means the work was perfectly done and could reach people's hearts, and that is something I am seeking. That happened with my novel, (Light Novel) Nostalgia. I got some messages from readers who cried in reading some events. I apologized for that, yet I was happy because it proves that I did the best I could and that I offered something moving and different. Finally, I want those who read or see my works to be happy and cry till they remember me in a point of their life. I, of course, hope to inspire them to be better.

Zainab Abdul Raouf Al Lawati





## The Twins of Britain



When we leave home, we realize that we are leaving smaller homes that embraced us like our parents, friends and other tiny details. We believe that the ambitious person will be more resilient when away from home. Tell us about your struggle, experiences and influence on social media and how can you lead by example. After years of scholarship, what have you gained from this life away from your homeland? And what was the personal and general impact of living in an environment completely different from the one where you grew up?

The Omani twin Munther and Tariq Al Busaidi, studying in Liverpool, UK, love traveling around the world and their main aim is to spontaneously spread positivity and optimism in social media.

In the beginning, we'd like to note that we believe that life is a journey of constant discoveries and struggles. We must overcome the difficulties we face in our lives. Omanis are combatant by nature, and alienation as harsh as it may be never stood in the way of their ambitions and successes wherever they go. Our case is no different as it is not an easy choice to leave Oman in order to study abroad especially for those who are accustomed to live in their country and among their families.

But, we believe that if one has the determination to meet his goals success must be his ally. Patience is necessary in order to make these dreams come true. We had traveling, ambition, dream, hope, will and challenges all in mind and here we are in Britain working hard to achieve our goal. It is an ultimate happiness when one sees the fruit of his efforts. Success must be sought even in the bottom of the ocean or high in the sky because the valuable moment of true happiness is the moment of achievement. Everyone must hold on to this vision.

When we arrived to Britain to study, previous brothers took our hands and helped us as much as possible. Self-reliance, however, along with confidence in your skills and abilities is the first step you must take because in Oman our families provided everything for us so we never tried working on our own. Therefore, it is best that one works independently and spare no efforts to develop his abilities such as learning how to cook and do your laundry on top off on top of studying. Speaking from experience, when we first arrived we found it hard to accept this situation and do all these things on our own, but with will and encouragement, we mastered such skills and then didn't need anybody's help. We even decided to teach others and give them advice through social media. We launched our account 'The Twins8' on snapchat. First, we didn't reveal our identities but, after interaction with our followers, we decided to show our faces. We always focused on spreading hope and happiness among our followers. They became our support and we tried to encourage them to do things like sport, cooking and traveling. In turn, the followers became our encouragement. They gave us everything that is beautiful. Thus, we must all stand and take our opportunities because life requires experience and we'll never know if we do not try.



■ We have learned a lot from these years including the values of self-esteem, trying new things, interacting with people, being rational, staying away from wrong traditions, holding on to our religion, knowing the value of time and money and how to benefit from them. In addition to that, we experienced the peaceful coexistence with people and the love of others. This experience, though tough, deserves a try.

Munther and Tariq al-Busaidi

Emam Alshafi'y says:

Leave your own country and go abroad in search of noble and great things If you do, five benefits will be yours: You will overcome your worries make a decent living expand your knowledge Gain a good attitude and a generous friend of heart with people







**Remember!!**  
Hold on to what you  
master

By: Tahany Khalifa Al-gabri





■ I am existed for a purpose, God give me strength to reach it.

Hassan Mohammed Hamed AL-Gheilani



■ "Who does not like the rise of mountains lives forever among the pits."

Nasra Mohammed Salim AL-Saeghi



## 7-Billion Website

It is a supportive website for the objectives of the 7billion that is designed to offer an easy access to the online copy of the 7billion. It is the electronic interface of the 7billion and was established in March 2017 at the Seventh Development Forum

Through the link (7-BILLION.ORG)

The number of visitors to the website is about 3400 visitors until December 2017.

## New Identity

The new location has been identified in the Opening Ceremony of the third version of the 7billion on

[WWW.7-BILLION.NET](http://WWW.7-BILLION.NET)

The website contains modern features that are compatible with the third version and it allows easy access via computers or phones.



Barcode location of 7 billion

## Website Sections:



### Home Page:

The reasons for naming the 7billion and its objectives, year of foundation and preparation of the 7billion.



### Meet us (Who are we?):

Meet Sawt-Tanmia Group that is responsible for publishing the 7billion.



### 7billion Sections:

The contents of the sections of the 7billion for the second and third issues (Excuse Me, Who is Inside, Platform and Life, Not Subjected to Destruction, Opinion and the Other Opinion, Details, So We Can See You, Other Paths, Enjoy Your Mind, Corridors and Suburbs).



### Contact Us:

To contact and inquire with the management of the 7billion



### Participate with us:

To participate in the competitions of the 7billion and its fields.



### 7billion editions:

Download the editions.





## Words of Leaders

■ One of my fears is to stand up on a platform that a large audience surrounds, waiting for me to say something that makes sense to them at that moment but I do not for I seriously fear to say empty words, unconcealed and unuseful speech.

Logically, you cannot invite a specific group to say something; you stumble and dazzle because of your standing and you say, "Oh, well... mmmm... I wish you have a nice day... Even though the wish is warm, the crowd will look at you ironically, "This is ridiculous; you must be kidding!" Then, you will have to say a nice joke to save your face. However, you will still look like a clown who lost his red nose, or forgot it... saying a joke.

It is good to wave your hand whilst you say it. Yes, you have to do movements in the air to distract them from the joke. Because you know in the depth of your self that you are an object that tells humor in a tragic way called a speech about hell.

You certainly understand that what you do is attempts to conjure up time, attempts to hide facts. You hide behind a joke. The joke is behind acrobatic movements. The acrobatics look very poor and you are not representing them in any way. The crowd does not trust hidden objects as if they were defective... Lack of confidence in their appearance, for example? You feel numbness... Because of the intensity of your experiences, you feel that they whistle.

I am, like Einstein, very afraid to say a speech that lacks essence or falls in producing meaning... although my friend insists that it is okay to say empty words to the crowd. I spent a long time thinking and writing routine and ordinary sentences ... maybe empty ones.

A girl in the opposite room plays the piano.

A girl on the ground floor speaking to someone on the phone and saying, "I am exhausted."

A female-worker in the restaurant wearing a woolen shirt. I wrote a lot and recorded many audio clips. Not important news sentences. And if I say them, you will say, without a doubt, what is distinctive about them?

You are preparing to stage the platform with a bad feeling, but you have to say: The atmosphere is nice today, like your age. Are you all twenty? Sylvia Plath said about this age, "I always wanted to be a watchdog. I want to make a deep impression on life, but without blinding me to seeing my presence in a comic, cynical light, laughing at myself as I laugh at others."

I have to make out of the news sentences and audio clips enriched stories... Yes, you still remember that I am afraid to say meaningless stuff. But how does a person who tells simple stories in the form of an epic does not indulge in saying something worthwhile? How can the observer of empty things not find the meaning behind the emptiness of things and their prosperity?

This time, you have to say that saying useless things is not a failure but a virtuous scam to find the most useful part.

■ Doha Abdullah Al Qasmi\_ Head of Sawt Tanmia Group (2017-2018)

■ The expected dream! The most beautiful reflection of one's self is when one is better than his or her former one. To believe in an idea and make it true is great, but it is greater to continue it despite the pitfalls. Such pitfalls that you later realize have restored your certainty in things and brought you through the unpaved road to what you deserve to be until you truly live. Over time, things pile up on top of each other so that they become able to influence. Such influence that may reach the whole world, such as what 7-billion did, in its third issue, with the efforts of the blessed staff and all those who supported them behind the scenes. Greetings to their great achievements.

■ Moza Abdullah Srboukh Al-dawiani | Advisor to 7-Billion

■ I every day feel that life always tries to dazzle me with new opportunities and steal me to the sky to be a bright star - with my own eyes - that the passion of life, surprise of the work and a sense of desire to know everything glows inside it. Perhaps working as a team in the preparation of 7-Billion was the chance that made us bright and brought us closer and closer to ourselves as if we say: we were once bright stars adjacent to each other and today glowed the darkness by their achievements.

■ Noura Mohammed Madhaffar Al-risi | Preparation and Supervision Responsible

■ The greatest achievements are the ones that are based on thoughtful establishment and that take in their construction a duration to achieve the requirements, such as hardness and durability. The workmanship that takes a long time to achieve perfection, accuracy, and quality is the finest and the most expensive one. If we took into account planting a tree to eat from it before others do and use its shadow without others do, then, we misunderstand because "He who hasten the thing before its time is punished by being deprived of it." We direct our objectives to a construction that is built not by rushing results as much as looking forward to a solidly constructed structure... Building 7-Billion .

■ Asaad bin Masoud bin Nasser Al-Hatmi | Preparation and Supervision Responsible





## Which you will find inside

### • Excuse me, who is inside?

Positivity is another name for self-motivation. It also has another beautiful name in management science called energy radiation from inside you to others. This matter (the matter of self-motivation) is a decision made by human being...

Dr. Tariq Suwaidan

### • Platform and Life:

Sometimes, I ask myself, "Would I have started had I known the hardships?" I answer myself, "Is there another option?"

Ahmed Khairi Al Omari

Writer—Iraq

### • Corridors and Suburbs:

She told me that she will write many books, but she could not write one page. Her red-haired doll, her stories, and diaries... is it possible that they end up to ashes?

Story: A stuck girl.

### • Opinion and the Other Opinion:

We think. But, we forget how to think? And how to guide an idea to its right place so that it does not go astray or vanishes. Controlling an idea is necessary, and taking care of it since its birth makes a difference... | Idea..

### • Details:

What is the role of training in promoting human capital and investing it in raising productivity?

### • Non-destructible:

"Do a little and accomplish a lot"...

Summary of The 7 Spiritual Laws of Success.

### • A Window in each wall:

Courage is generated by many pitfalls. Remember that you are responsible for what you own. Do not live in absolute selfishness.

Zwaina Al Ghawi

### • So We Can See You:

"We plant hope ... We harvest a homeland"

### • Amusing your mind

What astonishes me in astronomy is that it is a world of extreme things, and has many huge things, very hot things, and very cold things. But, the most surprising is that everything related to it can be understood by studying the smaller things we have...

Issa Al-Sheikh

### • Other Pathways

I was heading to the oncology ward eager to do a simple event for children; however, I was surprised to find very few children; two or three.

I will not conceal the fact that I was sad! I hoped that the number of children was bigger ...

Child's Wish Society